




### Product Spotlight: Lentils


Lentils are a great source of plant-based protein, with 18 grams in every one cup serving - the equivalent to eating about 3 whole eggs!



## 12 Loaded Sweet Potato Wedges with Spiced Lentils

Smokey lentils on roasted sweet potato wedges, topped with fresh corn and capsicum and a dollop of chive yoghurt.

 25 minutes

 2 servings

 Plant-Based

1 July 2022

### Spice it up!

*Serve the wedges with some pickled jalapeños, or add some chipotle chilli sauce into the lentil mix for a little extra spice.*

Per serve: **PROTEIN** 18g **TOTAL FAT** 20g **CARBOHYDRATES** 109g

## FROM YOUR BOX

SWEET POTATOES	500g
SHALLOT	1
TOMATO	1
RED LENTIL MIX*	1 packet
TINNED JACKFRUIT	400g
CORN COB	1
GREEN CAPSICUM	1
CHIVES	1 bunch
COCONUT YOGHURT	1 tub (125g)

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, 1/2 stock cube (of choice) vinegar of choice (we used apple cider)

## KEY UTENSILS

large frypan, oven tray

## NOTES

\*Lentil mix: red lentils, smoked paprika, ground cumin



### 1. ROAST THE WEDGES

Set oven to 220°C.

Cut sweet potatoes into wedges. Toss on a lined oven tray with **1 tsp smoked paprika, oil, salt and pepper**. Cook for 15–20 minutes or until golden and tender.



### 2. SAUTÉ THE ONION

Heat a frypan over medium–high heat with **oil**. Dice shallot and tomato adding to pan as you go. Drain and add jackfruit. Sauté for 3 minutes, breaking up jackfruit, until shallot begins to soften.



### 3. ADD THE LENTILS

Pour lentils into pan along with **1 1/2 cups water**. Crumble in **stock cube** and stir to combine. Simmer, semi–covered, for 15 minutes. Season to taste with **salt and pepper**.



### 4. PREPARE FRESH TOPPING

Remove kernels from corn cob and dice capsicum, add to a bowl. Finely slice chives, add half to bowl, reserve remaining for step 5. Toss to combine.



### 5. MAKE CHIVE YOGHURT

Add reserved chives to a bowl along with yoghurt, **2 tsp vinegar, salt and pepper**. Mix well.



### 6. FINISH AND SERVE

Spoon lentil mix over wedges. Sprinkle with fresh toppings and dollop over yoghurt. Serve at the table.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

