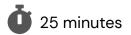




# **Loaded Sweet Potato Wedges** with Spiced Lentils

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







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

TOTAL FAT CARBOHYDRATES

### FROM YOUR BOX

SWEET POTATOES	500g
SHALLOT	1
ТОМАТО	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.



