



### Product Spotlight: Sweet Potatoes


Sweet potatoes are a great source of beta-carotene, and vitamins A, B6 and C. They are full of manganese, calcium, potassium, iron and fibre. In other words, an excellent choice for healthy eating!



## 12 Sweet Potato Bake with Cucumber Salad

Sliced, oven-baked sweet potatoes, topped with nut-based cheese, served with plant-based sausages and a fresh cucumber salad.

 25 minutes

 2 servings

 Plant-Based

15 April 2022

## Flavour Boost!

*Use stock instead of water when making the sweet potato bake and add some chilli flakes for extra flavour.*

Per serve: **PROTEIN** 11g **TOTAL FAT** 23g **CARBOHYDRATES** 89g

## FROM YOUR BOX

SHALLOT	1
SWEET POTATOES	400g
ROSEMARY SPRIGS	1
PLANT BASED SAUSAGES	1 packet
LEBANESE CUCUMBER	1
TOMATO	1
APPLE	1
NUT CHEESE	1 block

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar (of choice, we used red wine vinegar), dried oregano

## KEY UTENSILS

frypan, oven tray

## NOTES

Cover your tray with foil, baking paper or another baking tray.

Keep the sausages separated from each other when cooking as the skins will stick together.

You can add any sauce or chutney that you may have when serving.



### 1. MAKE THE POTATO BAKE

Set oven to 220°C.

Thinly slice shallot and sweet potatoes, chop rosemary. Toss together on a lined oven tray with **1 tbsp oil, 1/4 cup water, salt and pepper**. Arrange in an even layer, cover (see notes), and bake for 15 minutes.



### 4. TOP THE POTATO BAKE

Grate cheese. Remove bake from oven and uncover. Sprinkle over cheese (use to taste) and return, uncovered, to oven for 5-10 minutes, or until cheese is melted and potatoes cooked through.



### 2. COOK THE SAUSAGES

Heat a frypan over medium high heat with **oil**. Add sausages (see notes) and cook for 6-8 minutes, turning, until heated through.



### 5. FINISH AND SERVE

Divide potato bake among plates and add sausages and salad (see notes).



### 3. MAKE THE SALAD

In a bowl whisk together **1 tbsp olive oil, 1/2 tbsp vinegar, 1/4 tsp oregano, salt and pepper**. Cut cucumber and tomato into wedges and slice apple. Toss with dressing.

**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**

