



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!



Arancini & Sweet Potato with Cashew Sour Cream

Oven roasted, caramelised rosemary sweet potatoes served with crispy arancini, dressed salad and homemade cashew sour cream.



30 minutes



4 servings



Plant-Based

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Spice it up!

Add some fresh herbs, chilli or any of your other favourite flavours (capers, garlic) to the sour cream for extra punch.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	16g	33g	77g

FROM YOUR BOX

ROSEMARY SPRIG	1
SWEET POTATOES	800g
SOUR CREAM MIX*	1 packet
LEMON	1
ARANCINI	1 packet
TOMATOES	2
BEETROOT	1
MESCLUN LEAVES	1 bag (120g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

2 x oven tray, stick mixer, kettle

NOTES

Cut sweet potatoes into rounds or wedges if preferred!

*Sour Cream Mix: raw cashews, nutritional yeast



1. COOK THE SWEET POTATOES

Set oven to 220°C.

Chop rosemary. Halve sweet potatoes and toss with rosemary, **oil, salt and pepper** (see notes). Arrange cut-side down on a lined oven tray and roast for 20–25 minutes or until golden and tender.



4. MAKE THE SALAD

In a large bowl whisk together **2 tbsp olive oil, remaining lemon juice, salt and pepper**. Dice tomatoes and julienne or grate beetroot. Add to bowl with leaves and toss to coat.



2. SOAK THE SOUR CREAM MIX

Boil the kettle.

Place sour cream mix in a jug (for blending). Add **1/2 cup hot water**, 2 tsp lemon zest and juice from 1/2 lemon. Set aside for 10 minutes.



5. BLEND THE SOUR CREAM

Use a stick mixer to blend the sour cream mix to a smooth consistency. Season to taste with **salt and pepper**.



3. COOK THE ARANCINI

Place arancini on a lined oven tray. Place into oven and cook for 10–15 minutes until crispy and heated through.



6. FINISH AND SERVE

Serve arancini with sweet potatoes, dressed salad and cashew sour cream.

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**

