



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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!



14

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



4 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	TOTAL FAT	CARBOHYDRATES
	17g	14g	91g

FROM YOUR BOX

SWEET POTATOES	1 kg
RED ONION	1
TOMATOES	3
TINNED JACKFRUIT	400g
RED LENTIL MIX*	1 packet
CORN COB	1
GREEN CAPSICUM	1
CHIVES	1 bunch
COCONUT YOGHURT	1 tub (200g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, 1 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 **2 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 onion and tomatoes adding to pan as you go. Drain and add jackfruit. Sauté for 3 minutes, breaking up jackfruit, until onion begins to soften.



3. ADD THE LENTILS

Pour lentils into pan along with **3 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, **3 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**

