

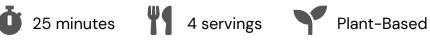
## **Product Spotlight:** Sweet Potatoes

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!



# with Cucumber Salad

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







Flavour Boost!

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

### FROM YOUR BOX

RED ONION	1
SWEET POTATOES	800g
	0
ROSEMARY SPRIGS	2
	1 nookot
PLANT BASED SAUSAGES	1 packet
BABY CUCUMBERS	1 punnet
BABT COCOMBERS	i punnet
CHERRY TOMATOES	1 bag (200g)
CHERRYTOMATOES	1046 (2006)
	1
APPLE	1
	1 1 block



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 onion and sweet potatoes, chop rosemary. Toss together on a lined oven tray with **2 tbsp oil, 1/3 cup water, salt and pepper.** Arrange in an even layer, cover (see notes), and bake for 15 minutes.



## **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.



### **3. MAKE THE SALAD**

In a bowl whisk together 2 tbsp olive oil, 1 tbsp vinegar, 1/2 tsp oregano, salt and pepper. Cut cucumbers into wedges, halve cherry tomatoes and slice apple. Toss with dressing.



### 4. TOP THE POTATO BAKE

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



### **5. FINISH AND SERVE**

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

