

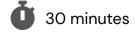




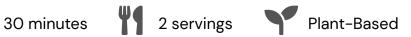
Sweet Potato Parmigiana

with Walnut Sauce

Roasted sweet potato slices topped with walnut and tomato sauce finished with almond milk cheese and served with a balsamic dressed garden salad.







Switch it up!

You can use fresh thyme or rosemary in the sauce instead of dried oregano if you have some.

TOTAL FAT CARBOHYDRATES

13g 36g

88g

FROM YOUR BOX

SWEET POTATOES	600g
WALNUTS	1 packet (40g)
BROWN ONION	1
TOMATO SUGO	1 jar
ALMOND CHEDDAR CHEESE	1 packet
MESCLUN LEAVES	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, balsamic vinegar, dried oregano

KEY UTENSILS

oven dish, frypan

NOTES

You can slice the sweet potatoes into rounds if preferred.



1. BAKE THE SWEET POTATOES

Set oven to 220°C.

Cut sweet potatoes into slices lengthways (1cm thick) and rub with oil, salt and pepper in a lined oven dish (see notes). Roast for 15-20 minutes until just tender.



2. SIMMER THE SAUCE

Finely chop walnuts to a mince like consistency. Heat a frypan over mediumhigh heat with oil. Slice and add onion and cook for 3 minutes, then add walnuts, 1 tsp oregano, sugo and 1/4 cup water. Simmer for 5 minutes. Season with salt and pepper.



3. MELT THE CHEESE

Switch oven over to grill.

Pour walnut sauce evenly over the sweet potatoes. Grate cheddar and sprinkle over top. Return to oven for 2–5 minutes or until bubbling and golden.



4. PREPARE THE SALAD

In a large bowl whisk together 1 tbsp olive oil, 1/2 tbsp balsamic vinegar, salt and pepper. Add mesclun leaves and toss.



5. FINISH AND SERVE

Serve the sweet potato parmigiana at the table along with salad.



