



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Sweet Potato


Sweet potato is high in fibre, very filling, and has a delicious sweet taste. Full of vitamin A and potassium, it packs a powerful nutritional punch!



K4 Sweet Potato Parmesan Tray with Mesclun Salad

Roasted sweet potato slices topped with walnut and tomato sauce finished with cheats cheese (plant-based mayonnaise and nutritional yeast) and served with a fresh side salad.

 30 minutes

 4 servings

 Plant-Based

14 October 2022

Mix it up!

Cut the sweet potatoes into rounds then roast. In step 4, layer them into stacks with the sauce mix and a spoon of mayonnaise to make individual servings.

Per serve: **PROTEIN** 16g **TOTAL FAT** 57g **CARBOHYDRATES** 70g

FROM YOUR BOX

SWEET POTATOES	1kg
WALNUTS	1 packet (130g)
BROWN ONION	1
TOMATO SUGO	500g
PLANT-BASED MAYONNAISE	1 jar
NUTRITIONAL YEAST	1 packet (20g)
MIXED SPROUTS	1 punnet
CHERRY TOMATOES	1 punnet (200g)
MESCLUN LEAVES	1 bag (120g)

FROM YOUR PANTRY

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

KEY UTENSILS

oven dish, small processor, frypan

NOTES

If you don't have a food processor, finely chop the walnuts with your knife or put them in a mortar and pestle to crush.

Cut the snow pea sprouts in half for easier eating.



1. BAKE THE SWEET POTATOES

Set oven to 220°C.

Cut sweet potatoes into slices lengthways and rub with **oil, salt and pepper** in a lined oven dish. Roast for 15–20 minutes until just tender.



2. MAKE THE WALNUT SAUCE

Place walnuts into a food processor and pulse to a mince like consistency (see notes). Heat a frypan over medium-high heat with **oil**. Slice and add onion, cook for 3 minutes then add walnut mince, **2 tsp oregano**, sugo and **1/2 jar water**. Simmer for 5 minutes.



3. MAKE THE DRESSING

In a large bowl whisk together **2 tbsp olive oil, 1 tbsp balsamic vinegar, salt and pepper**.



4. TOP THE SWEET POTATOES

Switch oven over to grill.

Pour walnut sauce evenly over the sweet potatoes. Dollop over mayonnaise and sprinkle with nutritional yeast. Return to oven for 5 minutes or until bubbling and golden.



5. MAKE THE SALAD

Halve cherry tomatoes and add to dressing bowl along with sprouts (see notes) and leaves. Toss together.



6. FINISH AND SERVE

Take the parmi tray and salad to the table for sharing.

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

