

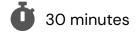


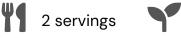


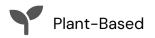
Roast White Sweet Potato Medley

with Garlic Bread

A vibrant medley of roast white sweet potatoes, cherry tomatoes and zucchini on a charred capsicum and bean sauce, topped with fresh rocket and served with garlic pizza bread.







Switch it up!

If you don't feel like making the sauce, add the capsicum and beans to the tray bake! Serve the vegetables with some pesto or squeeze of lemon.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

24g 5

5g

1:

FROM YOUR BOX

WHITE SWEET POTATOES *	400g
ZUCCHINI	1
CHERRY TOMATOES	200g
RED CAPSICUM	1
TINNED CANNELLINI BEANS	400g
GARLIC CLOVE	1
PIZZA BASE	1
ROCKET LEAVES	60g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried Italian herbs, red wine vinegar

KEY UTENSILS

oven tray, stick mixer or blender, frypan or griddle pan

NOTES

You can use dried rosemary, thyme or oregano instead of dried Italian herbs. Fennel seeds and cumin seeds also work well!

* Due to availability the Jerusalem artichokes in this dish have been replaced with white sweet potatoes.





1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice white sweet potatoes and zucchini. Halve tomatoes. Toss on a lined oven tray with 1 tsp Italian herbs, oil, salt and pepper (see notes). Roast for 20-25 minutes until cooked through.



2. CHAR THE CAPSICUM

Thickly slice capsicum and coat with oil (see cover notes). Char in a frypan or griddle pan over high heat for 5 minutes until black char marks begin to appear on capsicum skin.



3. BLEND THE SAUCE

Drain cannellini beans. Blend together with charred capsicum, 1/2 garlic clove, 1 tbsp vinegar and 2 tbsp olive oil using a stick mixer or blender until smooth. Season with salt and pepper. Set aside.



4. TOAST THE BREAD

Crush 1/2 garlic clove and combine with 1 tbsp olive oil. Rub over pizza bases and season with salt. Toast in oven for 3-5 minutes until golden. Cut into triangles.



5. FINISH AND SERVE

Spread capsicum sauce among plates. Top with roast vegetables and garnish with rocket leaves. Serve with garlic bread.

