



### Product Spotlight: White Sweet Potato

White sweet potatoes have a creamy white flesh and a slightly sweeter taste compared to the standard orange sweet potato. They are rich in vitamins, minerals, and fibre, making them a nutritious addition to your diet.



## 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.



30 minutes



2 servings



Plant-Based

## 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** 24g **TOTAL FAT** 5g **CARBOHYDRATES** 121g

## 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.*



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## 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.



## 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.



## 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.



## 5. FINISH AND SERVE

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



## 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.

**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**

