



Product Spotlight: Chilli

While humans can react to capsaicin, the compound in chilli that brings the heat, birds are immune to it.

Birds are primarily responsible for spreading wild chilli to different parts of the world; they consume it and excrete the seeds.



Thai Chickpea Stuffed Sweet Potatoes

Roast sweet potato boats with a satay peanut filling, topped with fresh coleslaw and finished with a punchy lime dressing.



35 minutes



2 servings



Plant-Based

Spice it up!

You can coat the sweet potatoes with some ground cumin for extra flavour. If you have fresh mint, add that to your toppings as well!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	26g	32g	112g

FROM YOUR BOX

SWEET POTATO	400g
LIME	1
CORIANDER	1 packet
RED CHILLI	1
LEBANESE CUCUMBER	1
ORIENTAL COLESLAW	250g
ROASTED PEANUTS	40g
SATAY SAUCE	250ml
TINNED CHICKPEAS	400g

FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce (or tamari), sugar (of choice)

KEY UTENSILS

oven tray, saucepan

NOTES

Palm sugar or coconut sugar work well in the dressing as well as sesame oil or a neutral flavoured oil.



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1. ROAST THE SWEET POTATOES

Set oven to 220°C.

Halve **sweet potatoes** lengthways and coat with **oil, salt and pepper**. Place cut side down on a lined oven tray and roast in oven for 25–30 minutes until golden and cooked through.



4. COOK THE CHICKPEAS

Add **satay sauce, 1 tbsp water and juice from remaining 1/2 lime** to a small saucepan over medium heat. Drain and add **chickpeas**. Cook for 5 minutes until heated through. Season with **soy sauce or salt** to taste.



2. PREPARE THE DRESSING

Combine **zest and juice from 1/2 lime** with **2 tbsp soy sauce, 2 tsp sugar** and **2 tbsp oil** (see notes). Finely slice **coriander stems** (reserve leaves), deseed and chop **chilli**. Add to the **dressing** and set aside.



5. STUFF THE SWEET POTATOES

Use a fork to press down the middle of the cooked **sweet potatoes** to form a boat. Fill with **chickpeas**.



3. PREPARE THE TOPPINGS

Dice **cucumber**. Set aside with **coleslaw** and **reserved coriander leaves**. Roughly chop **peanuts**.



6. FINISH AND SERVE

Divide **sweet potatoes** among plates and add **salad toppings**. Spoon over **dressing** to taste and garnish with **chopped peanuts**.

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