



Product Spotlight: Walnuts

Walnuts are full of antioxidants and are a great source of omega-3s. Research suggests they reduce the risk of some cancers, heart disease and diabetes.



Festive Sweet Potato Salad with Maple Walnuts

Cinnamon and maple syrup make this a lovely dish for the festive season (or anytime!). A mix of roasted and fresh ingredients topped with caramelised walnuts and almond milk cheese.

Change it up!

If cinnamon is not your favourite flavour, replace it with nutmeg, coriander, cumin, sumac or a mix of all three. A Moroccan or Cajun spice mix would also work well.



35 minutes



4 servings



Plant-Based

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	12g	36g	59g

FROM YOUR BOX

SWEET POTATOES	800g
BEETROOTS	2
TINNED CHICKPEAS	400g
GARLIC CLOVES	2
LEMON	1
WALNUTS	1 packet
CHERRY TOMATOES	1 packet (200g)
MESCLUN LEAVES*	120g
ALMOND MILK CHEESE	1 packet
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, cinnamon, maple syrup

KEY UTENSILS

oven tray x 2, frypan

NOTES

If you're short on time, roughly chop the sweet potatoes and beetroots. Roast on the tray, then toss together with chickpeas, walnuts, remaining salad components and dressing.

* Due to supply issues, we needed to replace festival lettuce with mesclun leaves in this recipe.



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1. ROAST THE SWEET POTATOES

Set oven to 220°C.

Halve sweet potatoes both ways. Make slices 1 cm apart in each half, being careful not to slice all the way through (see notes). Place on a lined oven tray, rub with **oil**, **1 tsp cinnamon**, **salt and pepper**. Cook for 20–25 minutes until golden and tender.



2. ROAST THE BEETROOT

Trim and wedge beetroots, drain chickpeas. Toss on a second lined oven tray with whole garlic cloves, **oil**, **salt and pepper**. Zest lemon and set zest aside for step 5. Halve lemon and add 1/2 to tray, cut-side down. Cook for 20 minutes until tender.



3. PREPARE THE WALNUTS

Heat a frypan over medium-high heat. Roughly chop walnuts and add to pan with **1/4 tsp cinnamon**, **2 tsp oil**, **2 tsp maple syrup**, **salt and pepper**. Cook, stirring until caramelised, about 3 minutes. Remove to a plate.



4. PREPARE THE SALAD

Halve cherry tomatoes and grate cheese. Set aside with mesclun leaves in the fridge until serving.



5. MAKE THE DRESSING

Chop parsley and roasted garlic cloves (remove skins first!). Whisk together with reserved lemon zest and juice from remaining 1/2 lemon, **3 tbsp olive oil** and **1/2 tbsp maple syrup**. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Arrange chickpeas and fresh and roasted vegetables on a platter. Sprinkle with toasted walnuts, grated cheese and dressing to taste. Drizzle with juice from the roasted lemon. Take to the table for sharing.

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