



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



4 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	TOTAL FAT	CARBOHYDRATES
	20g	4g	108g

FROM YOUR BOX

WHITE SWEET POTATOES *	800g
ZUCCHINI	1
CHERRY TOMATOES	2 x 200g
RED CAPSICUM	1
TINNED CANNELLINI BEANS	400g
GARLIC CLOVE	1
PIZZA BASE	2-pack
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 **2 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 **2 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**

