



Product Spotlight: Chilli

While humans can react to capsaicin, the compound in the chilli that brings the heat, birds are completely immune to it. That is why birds are primarily responsible for spreading the wild chilli to different parts of the world; by consuming it and excreting 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



4 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** 19g **TOTAL FAT** 32g **CARBOHYDRATES** 82g

FROM YOUR BOX

SWEET POTATOES	1kg
LIME	1
CORIANDER	1 packet
RED CHILLI	1
LEBANESE CUCUMBERS	2
ORIENTAL COLESLAW	1 bag
SALTED ROASTED PEANUTS	2 packets
CASHEW SATAY SAUCE	1 bottle
COCONUT MILK	165ml
TINNED CHICKPEAS	2 x 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.

The satay sauce is spicy. If you prefer less heat you can add 1/2 the bottle to begin with and then more to taste.



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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.



2. PREPARE THE DRESSING

Combine zest and juice from 1/2 lime with **2 tbsp soy sauce, 2-3 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.



3. PREPARE THE TOPPINGS

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



4. COOK THE CHICKPEAS

Add satay sauce and coconut milk to a small saucepan over medium heat (see notes). Drain and add chickpeas. Cook for 5 minutes until heated through. Add remaining 1/2 lime juice and season with **soy sauce** to taste.



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.



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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