



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



4/6 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
4/6 Person:	22g/18g	32g/18g	116g/78g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	1kg	1.5kg
LIME	1	2
CORIANDER	1 packet	2 packets
RED CHILLI	1	1
LEBANESE CUCUMBERS	2	3
ORIENTAL COLESLAW	250g	2x 250g
ROASTED PEANUTS	40g	2 x 40g
SATAY SAUCE	250ml	250ml
COCONUT MILK	165ml	165ml
TINNED CHICKPEAS	2 x 400g	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.



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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** and **coconut milk** to a small saucepan over medium heat. Drain and add **chickpeas**. Cook for 5 minutes until heated through. Add **remaining lime juice** and season with **soy sauce** 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.

6P – use **zest and juice from 1 lime**, **3 tbsp soy sauce**, **3 tsp sugar** and **3 tbsp oil** (see notes).



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 **cucumbers**. 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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