



Product Spotlight: Capers

Capers are little flower buds! They come from the Flinders Rose (or Caper Bush) and are naturally very bitter. The pickling process turns them into little flavour bombs with a nice hit of salt and acid.



Roasted Sweet Potato with Dill Lentils and Harvest Dressing

Roasted sweet potatoes served with lemon and dill tossed lentils, celery and cucumber, harvest dressing from Perth locals, The Ugly Mug, crispy capers and almond and currant mix.



30 minutes



2 servings



Plant-Based

Bulk it up!

To bulk up this dish, roast some extra vegetables such as sweet potato, pumpkin or zucchini, and toss the dill lentils with leafy greens or cooked quinoa.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	22g	27g	80g

FROM YOUR BOX

SWEET POTATOES	400g
DILL	1 packet
CELERY STICK	1
LEBANESE CUCUMBER	1
LEMON	1
TINNED LENTILS	400g
CAPERS	1 jar
HARVEST DRESSING	100g
ALMOND+CURRANT MIX	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

frypan, oven tray

NOTES

Add extra flavour to this dish by seasoning the sweet potatoes with ground cumin, coriander or sumac.

Warm up the lentils by adding them to the frypan with the capers.



1. ROAST THE SWEET POTATOES

Set oven to 220°C.

Halve **sweet potatoes** and add to a lined oven tray. Coat with **oil** and season with **salt and pepper** (see notes). Roast for 25–30 minutes until potatoes are tender.



2. PREPARE THE VEGETABLES

Finely chop **dill**. Finely slice **celery**. Dice **cucumber**. Add to a large bowl as you go.



3. DRESS THE LENTILS

Zest and juice **lemon**. Drain and rinse **lentils** (see notes). Add to vegetables along with **2 tsp olive oil**. Season to taste with **salt and pepper** and toss to combine.



4. CRISP THE CAPERS

Heat a frypan over medium–high heat with **1 tbsp oil**. Drain **capers** and pat dry. Add to pan and cook for 3–5 minutes until crispy.



5. LOOSEN THE DRESSING

Add **harvest dressing** to a bowl. Add **2 tsp water** and mix to loosen.



6. FINISH AND SERVE

Divide sweet potatoes among plates. Drizzle over harvest dressing. Spoon over lentils. Top with capers and **almond and currant mix**.



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