



Product Spotlight: Walnuts

Walnuts are full of antioxidants, and research suggests they reduce the risk of some cancers, heart disease, and diabetes. Resist the urge to remove the skin because that's where 90% of the antioxidants are!



Sweet Potato Parmigiana with Walnut Sauce

Roasted sweet potato slices topped with walnut and tomato sauce finished with almond milk cheese and served with a balsamic dressed garden salad.



35 minutes



2 servings



Plant-Based

Switch it up!

You can use fresh thyme or rosemary in the sauce instead of dried oregano if you have some.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	13g	60g	96g

FROM YOUR BOX

SWEET POTATOES	500g
WALNUTS	1 packet
BROWN ONION	1
TOMATO SUGO	1 jar
ALMOND CHEDDAR CHEESE	1 packet
LEBANESE CUCUMBER	1
TOMATO	1
MESCLUN LEAVES	1 bag

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, balsamic vinegar, dried oregano

KEY UTENSILS

oven dish, frypan

NOTES

You can slice the sweet potatoes into rounds if preferred.



1. BAKE THE SWEET POTATOES

Set oven to 220°C.

Cut sweet potatoes into slices lengthways (1cm thick) and rub with **oil, salt and pepper** in a lined oven dish (see notes). Roast for 20–25 minutes until just tender.



4. PREPARE THE SALAD

In a large bowl whisk together **1 tbsp olive oil, 1/2 tbsp balsamic vinegar, salt and pepper**. Slice cucumber and wedge tomato. Add to bowl along with mesclun leaves and toss.



2. SIMMER THE SAUCE

Finely chop walnuts to a mince like consistency. Heat a frypan over medium-high heat with **oil**. Slice and add onion and cook for 3 minutes, then add walnuts, **1 tsp oregano**, sugo and **1/4 cup water**. Simmer for 5 minutes. Season with **salt and pepper**.



5. FINISH AND SERVE

Serve the sweet potato parmesan at the table along with salad.



3. MELT THE CHEESE

Switch oven over to grill.

Pour walnut sauce evenly over the sweet potatoes. Grate cheddar and sprinkle over top. Return to oven for 3–5 minutes or until bubbling and golden.



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