DINNER TWIST
LOCAL, HEALTHY, DELIVERED

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!
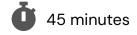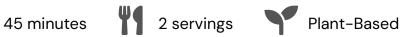
Sweet Potato Parmigiana

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.

Switch it up!

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

🕐 45 minutes   🍴 2 servings   🌱 Plant-Based

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	21g	34g	78g

FROM YOUR BOX

SWEET POTATOES	500g
WALNUTS	1 packet
BROWN ONION	1
TOMATO SUGO	1 jar
ALMOND MILK CHEESE	1 packet
LEBANESE CUCUMBER	1
TOMATO	1
MESCLUN LEAVES	60g

FROM YOUR PANTRY

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

KEY UTENSILS

oven dish (or tray), frypan

NOTES

You can slice the sweet potatoes into rounds if preferred. Arrange on a tray instead of a dish to reduce the cooking time.

1. BAKE THE SWEET POTATOES

Set oven to 220ºC.

Cut **sweet potatoes** into slices lengthways (1cm thick) and rub with **oil, salt and pepper** in a lined oven dish (see notes). Roast for 25–30 minutes until tender.

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**.

3. MELT THE CHEESE

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

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.

5. FINISH AND SERVE

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

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**