

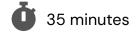




# **Sweet Potato Parmigiana**

# 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.

TOTAL FAT CARBOHYDRATES

12g

76g

# FROM YOUR BOX

SWEET POTATOES	1kg
WALNUTS	1 packet
BROWN ONION	1
TOMATO SUGO	1 jar
ALMOND CHEDDAR CHEESE	1 packet
ALMOND CHEDDAR CHEESE LEBANESE CUCUMBER	1 packet
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LEBANESE CUCUMBER	1

### 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.

You can finely chop the walnuts using a small food processor if you have one.





# 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 15-20 minutes until just tender.



# 2. PREPARE THE WALNUTS

Finely chop walnuts to a mince like consistency (see notes).



# 3. SIMMER THE SAUCE

Heat a frypan over medium-high heat with oil. Slice and add onion, cook for 3 minutes then add walnut mince, 2 tsp oregano, sugo and 1/2 jar water. Simmer for 5 minutes. Season with salt and pepper.



# 4. 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.



# 5. MAKE THE SALAD

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



### 6. 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



