




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

 4 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** 12g **TOTAL FAT** 48g **CARBOHYDRATES** 76g

FROM YOUR BOX

SWEET POTATOES	1kg
WALNUTS	1 packet
BROWN ONION	1
TOMATO SUGO	1 jar
ALMOND CHEDDAR CHEESE	1 packet
LEBANESE CUCUMBER	1
TOMATO	2
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.

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.



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