



### Product Spotlight: Sweet Potatoes

Sweet potatoes are a great source of beta-carotene, and vitamins A, B6, and C. They are full of manganese, calcium, potassium, iron and fibre. In other words, an excellent choice for healthy eating!



## Arancini & Sweet Potato with Cashew Sour Cream

Oven roasted, caramelised rosemary sweet potatoes served with crispy arancini, dressed salad and homemade cashew sour cream.



30 minutes



2 servings



Plant-Based

### Spice it up!

*Add some fresh herbs, chilli or any of your other favourite flavours (capers, garlic) to the sour cream for extra punch.*

Per serve: **PROTEIN** 16g **TOTAL FAT** 33g **CARBOHYDRATES** 87g

## FROM YOUR BOX

ROSEMARY SPRIG	1
SWEET POTATO	400g
SOUR CREAM MIX	1 packet
LEMON	1
ARANCINI	1 packet
TOMATO	1
BEETROOT	1
MESCLUN LEAVES	60g

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

## KEY UTENSILS

oven tray, stick mixer, kettle

## NOTES

Cut the sweet potato into rounds or wedges if preferred! Add the beetroot to roast also, if you prefer!

*Sour cream mix ingredients: raw cashew nuts, nutritional yeast.*



### 1. COOK THE SWEET POTATOES

Set oven to 220°C.

Chop **rosemary**. Halve or quarter **sweet potato** and toss with rosemary, **oil**, **salt** and **pepper** (see notes). Arrange cut-side down on a lined oven tray and roast for 15 minutes, then see step 3.



### 4. MAKE THE SALAD

In a large bowl whisk together remaining lemon juice, **2 tbsp olive oil**, **salt** and **pepper**. Dice **tomato** and julienne or grate **beetroot**. Add to bowl with **mesclun leaves** and toss to coat.



### 2. SOAK THE SOUR CREAM MIX

Boil the kettle.

Place **sour cream mix** in a jug (for blending). Add **1/4 cup hot water**, 1 tsp **lemon zest** and juice from 1/2 lemon. Set aside for 10 minutes.



### 5. BLEND THE SOUR CREAM

Use a stick mixer to blend the sour cream mix to a smooth consistency. Season to taste with **salt** and **pepper**.



### 3. ADD THE ARANCINI

Place **arancini** on oven tray with sweet potatoes. Return to oven and cook for 10–15 minutes until arancini are crispy and heated through.



### 6. FINISH AND SERVE

Serve arancini with sweet potatoes, dressed salad and cashew sour cream.



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