



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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.

Spice it up!

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



30 minutes



4/6 servings



Plant-Based

Per serve : PROTEIN TOTAL FAT CARBOHYDRATES
19g 23g 51g

FROM YOUR BOX

	4 PERSON	6 PERSON
ROSEMARY SPRIG	1	2
SWEET POTATOES	800g	1.2kg
SOUR CREAM MIX	100g	100g + 50g
LEMON	1	2
ARANCINI	1 packet	2 packets
TOMATOES	2	3
BEETROOT	1	2
MESCLUN LEAVES	1 bag	2 bags

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

2 x 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.



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1. COOK THE SWEET POTATOES

Set oven to 220°C.

Chop **rosemary**. Halve or quarter **sweet potatoes** 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 **tomatoes** and julienne or grate **beetroot**. Add to bowl with **mesclun leaves** and toss to coat.

6P – Use 3 tbsp olive oil and juice from 1 lemon.



2. SOAK THE SOUR CREAM MIX

Boil the kettle.

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

6P – Add 3/4 cup water, 3 tsp lemon zest and juice from 1 lemon.



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

Add **arancini** to a lined oven tray. Place in 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**.

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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

