



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.



30 minutes



4/6 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 :	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	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**

