

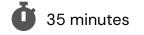




Sweet Potato Nourish Bowl

with Ginger Coconut Dressing

Golden roast sweet potato and crispy chickpeas, served with a bright minted salad and finished with a creamy ginger coconut dressing and topped with crunchy seeds.







Spice it up!

You can roast the sweet potato and chickpeas with a curry powder or paste instead of ground turmeric if you want a boost of flavour.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

12g 2

25

73g

FROM YOUR BOX

| SWEET POTATOES | 1kg |
|----------------------------|----------|
| TINNED CHICKPEAS | 400g |
| GREEN BEANS | 150g |
| RED CABBAGE | 1/4 |
| CHERRY TOMATOES | 2 x 200g |
| SHALLOT | 1 |
| MINT | 1 bunch |
| GINGER | 1 piece |
| COCONUT MILK | 400ml |
| SUNFLOWER AND PEPITA SEEDS | 1 packet |
| | |

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground turmeric, soy sauce (or tamari), red wine vinegar

KEY UTENSILS

small frypan, saucepan, oven tray

NOTES

Use a mandolin to slice the cabbage and shallot if you have one. Use the cabbage to taste.





1. ROAST SWEET POTATOES

Set oven to 220°C.

Cut **sweet potatoes** into angular bitesized pieces. Drain and pat dry **chickpeas**. Toss both with **2 tsp turmeric**, **oil**, **salt** and **pepper** on a lined oven tray. Roast for 25 minutes until golden.



2. BLANCH THE BEANS

Trim and cut **green beans** into thirds. Bring saucepan of water to boil, then simmer beans for 1–2 minutes until just tender. Drain and set aside.



3. PREPARE THE SALAD

Thinly slice **cabbage** and **shallot** (see notes). Halve **cherry tomatoes**. Toss with **blanched beans** and picked **mint leaves**.



4. PREPARE THE DRESSING

Peel and grate **ginger**. Combine with **coconut milk**, 1 tbsp vinegar, and 1 tbsp soy sauce.



5. TOAST THE SEEDS

Heat a frypan with oil. Add sunflower and pepita seeds along with 2 tsp soy sauce. Cook, stirring, for 2 minutes.



6. FINISH AND SERVE

Divide roast sweet potato and chickpeas between shallow bowls. Top with salad, spoon over coconut dressing, and garnish with crispy seeds.

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



