




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 cheddar cheese and served with a balsamic dressed garden salad.

 45 minutes

 2 servings

 Vegetarian

Switch it up!

You can use fresh thyme or rosemary in the sauce instead of dried oregano if you have some.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	30g	39g	46g

FROM YOUR BOX

SWEET POTATOES	500g
WALNUTS	60g
BROWN ONION	1
TOMATO SUGO	1 jar
GRATED CHEDDAR CHEESE	1 packet
LEBANESE CUCUMBER	1
TOMATO	1
MESCLUN LEAVES	1 bag

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, balsamic vinegar, dried oregano

KEY UTENSILS

oven dish or tray, frypan

NOTES

You can slice the sweet potatoes into rounds if preferred.



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 or tray (see notes). Roast for 20–25 minutes until just tender.



4. PREPARE THE SALAD

In a serving bowl whisk together **1 tbsp olive oil, 1/2 tbsp balsamic vinegar, salt and pepper**.

Slice **cucumber** and wedge **tomato**. Add to bowl along with **mesclun leaves** and toss.



2. SIMMER THE SAUCE

Finely chop **walnuts** to a mince like consistency. Heat a frypan over medium-high heat with **oil**. Slice and add **onion** and cook for 3 minutes, then add **walnuts, 1 tsp oregano, sugo** and **1/4 cup water**. Simmer for 5 minutes. Season with **salt and pepper**.



5. FINISH AND SERVE

Serve the **sweet potato parmesan** at the table along with **salad**.



3. MELT THE CHEESE

Switch oven over to grill.

Pour **walnut sauce** evenly over the **sweet potatoes**. Sprinkle **cheddar** over the top. Return to oven for 3–5 minutes or until bubbling and golden.



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