



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

 4/6 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
4/6 Person:	31g	29g/35g	47g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	1kg	1.5kg
WALNUTS	2 x 60g	3 x 60g
BROWN ONION	1	1
TOMATO SUGO	1 jar	2 jars
SHREDDED CHEDDAR CHEESE	1 packet	1 packet
LEBANESE CUCUMBER	1	2
TOMATO	2	3
MESCLUN LEAVES	1 bag	2 bags

FROM YOUR PANTRY

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

KEY UTENSILS

oven dish, frypan

NOTES

You can slice the sweet potatoes into rounds if preferred.

You can finely chop the walnuts using a small food processor if you have one.



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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 (see notes). Roast for 15-20 minutes until just tender.



4. 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.



2. PREPARE THE WALNUTS

Finely chop **walnuts** to a mince like consistency (see notes).



5. MAKE THE SALAD

In a large bowl whisk together **1 tbsp olive oil**, **1 tbsp balsamic vinegar**, **salt and pepper**. Slice **cucumber** and wedge **tomatoes**. Add to bowl along with **mesclun leaves** and toss.

6P - whisk together **2 tbsp olive oil**, **1-2 tbsp balsamic vinegar**, **salt and vinegar**.



3. SIMMER THE SAUCE

Heat a frypan over medium heat with **oil**. Slice and add **onion**, cook for 3 minutes then add **walnut mince**, **2 tsp oregano**, **sugo** and **1/2 jar water**. Simmer for 5 minutes. Season with **salt and pepper**.

6P - use **1 tbsp oregano** and omit water (unless needed).



6. FINISH AND SERVE

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

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

