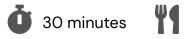


## **Product Spotlight:** Avocado

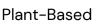
Did you know that avocado is a fruit? Just 1/3 of an avocado contains 20 different vitamins and minerals! It is the only fruit to contain heart healthy monounsaturated fat...good fat!

### Harissa Sweet Potato & Lentils 3

A warm sweet potato salad with brown lentils, avocado and sprouts, finished with a rich harissa dressing with delicate mint, garlic and coriander flavours.









This dish also works well with a nut cheese or chickpeas added to the salad. You could also serve with some veggie sausages or falafels on the side.

## FROM YOUR BOX

SWEET POTATOES	500g
HARISSA PASTE	1 sachet
LEMON	1/2 *
LENTILS	1 tin (400g)
AVOCADO	1
CHERRY TOMATOES	1/2 bag (100g) *
SNOW PEA SPROUTS	1/3 punnet *



# **1. ROAST SWEET POTATOES**

#### Set oven to 220°C.

Cut sweet potatoes into angular pieces (4cm). Toss on a lined oven tray with 1/2 tbsp harissa paste, **oil, salt and pepper**. Roast for 20-25 minutes until cooked through.



## **2. MAKE THE DRESSING**

Whisk together 1 tbsp harissa paste, lemon juice and **2 tbsp olive oil**. Set aside.



## **3. PREPARE THE SALAD**

Drain the lentils. Cut avocado in half and use a spoon to scoop out rough pieces. Halve tomatoes. Halve snow pea sprouts and toss together.

### FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper

\*Ingredient also used in another recipe

## **KEY UTENSILS**

oven tray

## NOTES

It's best to keep the skin on the sweet potatoes before roasting them as that's where most of the nutrients are. Scrub them first, if needed, with a vegetable brush.

The harissa paste isn't spicy, however if you are sensitive to heat it is best to taste a little first and adjust the amount in the dressing if needed.



# **4. FINISH AND PLATE**

Divide sweet potato among plates. Scatter over salad and lentils. Drizzle with harissa dressing to taste.

