



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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!



3 Harissa Sweet Potato & Lentils

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

 30 minutes

 2 servings

 Plant-Based

28 December 2020

Stretch the dish!

*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.*

Per serve: **PROTEIN** 15g **TOTAL FAT** 33g **CARBOHYDRATES** 80g

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 *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper

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.



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.



4. FINISH AND PLATE

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



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.

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**

