



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Fesenjoon Sauce

Historically Fesenjoon refers to a type of Iranian stew. This sauce from Exotic Bazaar marries sweet and sour flavours with nutty richness by combining pomegranate molasses and walnuts.



3 Stuffed Sweet Potatoes with Fesenjoon Sauce

Roasted sweet potatoes stuffed with sautéed vegetables, and crispy chickpeas served with a fresh salad.

 35 mins

 2 servings

 Plant-Based

23 July 2021

Change it up!

Dice the sweet potato and purple carrots on a tray and roast with the chickpeas for 15-18 minutes. Sauté the other vegetables and toss everything together in a bowl to make a salad.

Per serve: **PROTEIN** 19g **TOTAL FAT** 10g **CARBOHYDRATES** 85g

FROM YOUR BOX

SWEET POTATOES	400g
CHICKPEAS	400g
ZUCCHINI	1/2 *
KALE	1/2 bunch *
FESENJOON SAUCE	1 jar
BABY COS LETTUCE	1
PURPLE CARROT	1
LEBANESE CUCUMBER	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, garam masala (see notes)

KEY UTENSILS

large frypan, oven tray

NOTES

Garam masala is a blend of spices. If you don't have any, you could mix together equal parts ground cinnamon, ground cumin, and ground coriander.

Roast chickpeas on a separate tray if there isn't enough space.



1. ROAST SWEET POTATO

Set oven to 220°C.

Cut sweet potatoes in half. Place cut side down on a lined oven tray. Coat in **oil, salt and pepper**. Roast for 25–30 minutes until soft.



2. ROAST CHICKPEAS

Drain and rinse chickpeas. Place on tray with sweet potato (see notes). Coat in **oil**, season with **1/2 tsp garam masala, salt and pepper**. Roast for 15–20 minutes until crispy on the outside.



3. SAUTÉ VEGETABLES

Heat a frypan over medium–high heat with **oil**. Chop zucchini, remove kale leaves from stem and tear, add to pan as you go. Cook, stirring, for 5–8 minutes until zucchini is tender. Stir through 1/3 cup fesenjoon sauce, season with **salt and pepper** to taste.



4. PREPARE THE SALAD

Cut lettuce into wedges, ribbon carrot and cut cucumber. Arrange on a platter, drizzle with **olive oil**.



5. STUFF SWEET POTATOES

Use a fork to press down the middle of the sweet potato to form a boat. Stuff in sautéed kale and zucchini, top with roasted chickpeas.



6. FINISH AND PLATE

Evenly divide the salad and stuffed sweet potatoes among plates, drizzle over extra fesenjoon sauce.

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**

