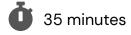


# **Chimmichurri Sweet Potato**

# With Black Rice

A punchy green chimmichurri sauce made with fresh parsley and garlic, served with cumin roast sweet potato, avocado salsa and black rice.







Add a pinch of chilli flakes, some fresh coriander or mint to your chimmichurri sauce for a more authentic flavour.

PROTEIN TOTAL FAT CARBOHYDRATES

16g 28g

100g

## FROM YOUR BOX

BLACK RICE	300g
SWEET POTATO	800g
PARSLEY	1/2 bunch *
GARLIC CLOVE	1
RADISHES	1/2 bunch *
GREEN CAPSICUM	1
AVOCADO	1
ROASTED RED PEPPERS	1/2 jar *
HEMP SEEDS	1 packet (40g)

<sup>\*</sup>Ingredient also used in another recipe

### FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, red wine vinegar, cumin seeds (or ground cumin)

# **KEY UTENSILS**

oven tray, saucepan, stick mixer or blender

#### **NOTES**

If you don't have a stick mixer or blender you can finely chop the parsley by hand. Then combine with remaining ingredients.



# 1. COOK THE RICE

Set oven to 220°C.

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes, or until tender. Drain and rinse with cold water.



# 2. ROAST SWEET POTATO

Slice sweet potato into 2cm thick pieces. Toss on a lined oven tray with 2 tsp cumin seeds, oil salt and pepper. Roast in oven for 20-25 minutes until cooked through.



# 3. MAKE THE CHIMMICHURRI

Roughly chop parsley and 1 small garlic clove. Blend together with 2 tbsp water, 2 tbsp vinegar and 3 tbsp olive oil using a stick mixer until smooth (see notes). Season with salt and pepper to taste.



# 4. MAKE THE SALSA

Dice radishes, capsicum and avocado. Slice red peppers. Toss together and set aside.



# **5. FINISH AND PLATE**

Divide rice, sweet potato and salsa among bowls. Spoon over chimmichurri sauce to taste. Garnish with hemp seeds.



