Product Spotlight: Avocado

Avocados are nutrient and energy dense. Being plant-based, they contain no cholesterol. In fact they are high in good fats which can actually help lower cholesterol!

4 # 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.

🕒 35 minutes 🍴 4 servings 🌱 Plant-Based

2 November 2020

Spice it up!

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

Per serve:

	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)

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 220ºC.

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.

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**