




### Product Spotlight: Chilli


While humans can react to capsaicin, the compound in the chilli that brings the heat, birds are completely immune to it. That is why birds are primarily responsible for spreading the wild chilli to different parts of the world, by consuming it and excreting the seeds.



## 1 Thai Chickpea Stuffed Sweet Potatoes

Roast sweet potato boats with a satay peanut filling, topped with fresh coleslaw and finished with a punchy lime dressing.

 35 minutes

 2 servings

 Plant-Based

8 June 2020

### Spice it up!

*Add some fresh garlic or ginger to the satay sauce for a more exciting flavour! If you have fresh mint you can add that to your toppings as well!*

Per serve: **PROTEIN** 32g **TOTAL FAT** 51g **CARBOHYDRATES** 102g

## FROM YOUR BOX

SWEET POTATOES	400g
LIME	1
CORIANDER	1/2 packet *
RED CHILLI	1
CHERRY TOMATOES	1/2 bag (100g) *
COLESLAW	1 bag (250g)
PEANUTS	1 packet (40g)
PEANUT BUTTER	2 slugs
COCONUT MILK	165ml
CHICKPEAS	400g

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, soy sauce (or tamari), sugar (of choice)

## KEY UTENSILS

oven tray, saucepan

## NOTES

Palm sugar or coconut sugar works well in the dressing as well as sesame oil or a neutral flavoured oil.



### 1. ROAST SWEET POTATOES

Set oven to 220°C.

Halve sweet potatoes lengthways and coat with **oil, salt and pepper**. Place cut side down on a lined oven tray and roast in oven for 25–30 minutes until golden and cooked through.



### 4. COOK THE CHICKPEAS

Add peanut butter and coconut milk to a small saucepan over medium heat. Whisk in **1 tbsp soy sauce** until combined. Drain and add chickpeas. Cook for 5 minutes until heated through. Add remaining 1/2 lime juice.



### 2. PREPARE THE DRESSING

Combine 1/2 lime zest and juice with **1 tbsp soy sauce, 1 tsp sugar** and **1 tbsp oil** (see notes). Finely slice coriander stems (reserve leaves), deseed and chop chilli. Add to the dressing and set aside.



### 5. STUFF SWEET POTATOES

Use a fork to press down the middle of the cooked sweet potatoes to form a boat. Fill with chickpeas.



### 3. PREPARE THE TOPPINGS

Halve cherry tomatoes. Set aside with coleslaw and reserved coriander leaves. Roughly chop peanuts.



### 6. FINISH AND PLATE

Divide sweet potatoes among plates and top with salad toppings. Spoon over dressing to taste and garnish with chopped peanuts.

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