



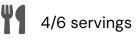


# **Bombay Sweet Potatoes**

Golden roast sweet potato medley marinated with yoghurt and Tandoori spices, topped with fresh cucumber, mint and finished with a lemon dressing.







#### FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	1kg	1.5kg
MEDIUM POTATOES	3	4
CHERRY TOMATOES	2 x 200g	2 x 200g
NATURAL YOGHURT	1 tub	2 tubs
TANDOORI PASTE	1 sachet	2 sachets
LEBANESE CUCUMBERS	2	3
MINT	1 bunch	1 bunch
LEMON	1	1
SHALLOT	1	1
SESAME SEEDS	1 packet	1 packet

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper

#### **NOTES**

You can serve this dish with a grain or rice to make extra serves.

## 1. ROAST THE VEGETABLES

Set oven to 220°C. Dice sweet potatoes and potatoes. Halve tomatoes. Combine 1/4 cup yoghurt with tandoori paste and 2 tbsp oil. Toss with vegetables on a lined oven tray and season with salt and pepper. Roast for 20-25 minutes until tender and cooked through.

6P - Combine 1/2 cup yoghurt with tandoori paste.



You can add black mustard seeds or cumin seeds for extra flavour. Add red onion, zucchini, mushrooms, cauliflower or chickpeas to the tray for bulk.

## 2. PREPARE THE TOPPINGS

Cut **cucumbers** into angular pieces. Chop **mint** leaves and toss together.



You can toast the sesame seeds in a dry frypan for extra nutty flavour.

# 3. PREPARE THE DRESSING

Whisk together 1/2 lemon zest and juice (wedge remaining) with 2 tbsp olive oil. Season with salt and pepper. Finely slice shallot and add to dressing.



TIP Add 1–2 tsp honey or maple syrup for some sweetness if preferred.

#### 4. FINISH AND SERVE

Spread remaining yoghurt on a large serving plate. Top with roast vegetables and toppings. Spoon over dressing. Garnish with sesame seeds and serve with lemon wedges.

This recipe has simplified instructions to help lower your meal cost.