



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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.



35 minutes



Vegetarian



4/6 servings

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.

TIP *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.

TIP *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.