




Product Spotlight: Fesenjoon Sauce

Historically Fesenjoon refers to a type of Iranian stew. This sauce from Exotic Bazaar marries sweet and sour flavours with nutty richness by combining pomegranate molasses and walnuts.



3 Stuffed Sweet Potato with Fesenjoon Ricotta

Roasted sweet potatoes stuffed with sautéed vegetables, crispy chickpeas and ricotta served with a fresh salad.

 35 mins

 2 servings

 Vegetarian

23 July 2021

Change it up!

Dice the sweet potato and purple carrot on a tray and roast with the chickpeas for 15-18 minutes. Sauté the other vegetables and toss everything together in a bowl to make a salad.

Per serve: **PROTEIN** 31g **TOTAL FAT** 26g **CARBOHYDRATES** 88g

FROM YOUR BOX

SWEET POTATOES	400g
CHICKPEAS	400g
BABY COS LETTUCE	1
PURPLE CARROT	1
GREEN CAPSICUM	1/2 *
RICOTTA	1/2 tub (250g) *
KALE	1/2 bunch *
FESENJOON SAUCE	1 jar

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, garam masala (see notes)

KEY UTENSILS

large frypan, oven tray

NOTES

Garam masala is a blend of spices. If you don't have any, you could mix together equal parts ground cinnamon, ground cumin, ground coriander.

Roast chickpeas on a separate tray if there isn't enough space.

Protein upsize – protein upsize is olives. Drain olives, roughly chop and add to salad.



1. ROAST SWEET POTATO

Set oven to 220°C.

Halve sweet potatoes. Place cut side down on a lined oven tray. Coat in **oil, salt and pepper**. Roast for 20–25 minutes until soft.



2. ROAST CHICKPEAS

Drain and rinse chickpeas. Place on tray with sweet potato (see notes). Coat in **oil**, season with **1/2 tsp garam masala, salt and pepper**. Roast for 15–20 minutes until crispy on the outside.



3. PREPARE THE SALAD

Cut lettuce into wedges, ribbon carrot and slice capsicum. Prepare on a platter, drizzle with **olive oil**.



4. SAUTÉ KALE

Heat a frypan over medium-high heat with **oil**. Remove kale leaves from stalks, add to pan as you go. Cook, stirring, for 1–2 minutes until wilted. Stir through 1/3 cup fesenjoon sauce and **1 tbsp water**, season with **salt and pepper** to taste.



5. STUFF SWEET POTATOES

Mix ricotta with 3 tbsp fesenjoon sauce. Use a fork to press down the middle of the sweet potato to form a boat. Stuff in sautéed kale, roasted chickpeas and dollop over prepared ricotta.



6. FINISH AND PLATE

Evenly divide the salad and stuffed sweet potatoes among plates, drizzle over extra fesenjoon sauce.

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