

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.

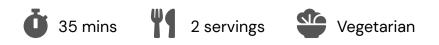


3 Stuffed Sweet Potato

with Fesenjoon Ricotta

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





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 TOTAL FAT CARBOHYDRATES 31g 26g 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 bend 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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