




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

 4 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** 17g **TOTAL FAT** 14g **CARBOHYDRATES** 68g

FROM YOUR BOX

SWEET POTATOES	800g
CHICKPEAS	400g
EGGPLANT	1
KALE	1/2 bunch *
FESENJOON SAUCE	1 jar
BABY COS LETTUCE	2 pack
PURPLE CARROT	1
LEBANESE CUCUMBER	1
RICOTTA	1/2 tub (250g) *

**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, 2 oven trays

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.

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 tender.



2. ROAST CHICKPEAS

Drain and rinse chickpeas. Place on a second lined oven tray. Coat in **oil**, season with **1/2 tsp garam masala, salt and pepper**. Roast for 15–20 minutes until crispy on the outside.



3. SAUTÉ VEGETABLES

Heat a frypan over medium–high heat with **oil**. Dice eggplant, remove kale leaves from stalks, add to pan as you go. Cook, stirring, for 5–8 minutes until eggplant is tender. Stir through 1/3 cup fesenjoon sauce and **1 tbsp water**, season with **salt and pepper** to taste.



4. PREPARE THE SALAD

Cut lettuce into wedges, ribbon carrot and cut cucumber. Arrange on a platter, drizzle with **olive oil**.



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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