



Product Spotlight: Coconut Milk

Coconut milk is lactose-free and derived from the flesh of the coconut. It gives a great background flavour to curries and dressings.



Sweet Potato Nourish Bowl with Ginger Coconut Dressing

Golden roast sweet potato and crispy chickpeas, served with a bright minted salad and finished with a creamy ginger coconut dressing and topped with crunchy seeds.



35 minutes



2 servings



Plant-Based

Spice it up!

You can roast the sweet potato and chickpeas with a curry powder or paste instead of ground turmeric if you want a boost of flavour.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	13g	26g	67g

FROM YOUR BOX

SWEET POTATOES	500g
TINNED CHICKPEAS	400g
GREEN BEANS	150g
RED CABBAGE	1/4
CHERRY TOMATOES	200g
SHALLOT	1
MINT	1 bunch
GINGER	1 piece
COCONUT MILK	165ml
SUNFLOWER AND PEPITA SEEDS	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground turmeric, soy sauce (or tamari), red wine vinegar

KEY UTENSILS

small frypan, saucepan, oven tray

NOTES

Use a mandolin to slice the cabbage and shallot if you have one. Use the cabbage to taste.



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1. ROAST SWEET POTATOES

Set oven to 220°C.

Cut **sweet potatoes** into angular bite-sized pieces. Drain and pat dry **chickpeas**. Toss both with **2 tsp turmeric, oil, salt** and **pepper** on a lined oven tray. Roast for 25 minutes until golden.



2. BLANCH THE BEANS

Trim and cut **green beans** into thirds. Bring saucepan of water to boil, then simmer beans for 1–2 minutes until just tender. Drain and set aside.



3. PREPARE THE SALAD

Thinly slice **cabbage** and **shallot** (see notes). Halve **cherry tomatoes**. Toss with **blanched beans** and picked **mint leaves**.



4. PREPARE THE DRESSING

Peel and grate **ginger**. Combine with **coconut milk, 1/2 tbsp vinegar**, and **1/2 tbsp soy sauce**.



5. TOAST THE SEEDS

Heat a frypan with **oil**. Add **sunflower and pepita seeds** along with **1 tsp soy sauce**. Cook, stirring, for 2 minutes.



6. FINISH AND SERVE

Divide **roast sweet potato** and **chickpeas** between shallow bowls. Top with **salad**, spoon over **coconut dressing**, and garnish with **crispy seeds**.

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