




Product Spotlight: Sweet Potatoes


Sweet potatoes are rich in beta-carotene, converted by our bodies to vitamin A. Research shows diets rich in beta-carotene can be protective against colon and prostate cancer.



4 Vegetable Gratin

Rainbow vegetables, baked in a gratin with a creamy sauce and crunchy lupin crumbs, served with relish.

 40 mins

 2 servings

 Plant-Based

20 August 2021

Bulk it out!

If you have some spare root vegetables like potato, pumpkin or parsnips, add them to the gratin. They will need to be sliced thinly to ensure they cook in the same time as the other vegetables.

Per serve: **PROTEIN** 30g **TOTAL FAT** 11g **CARBOHYDRATES** 43g

FROM YOUR BOX

SILKEN TOFU	300g
NUTRITIONAL YEAST	1 packet (5g)
SWEET POTATO	300g
ZUCCHINI	1
YELLOW CAPSICUM	1
TOMATOES	2
SILVERBEET	1/2 bunch *
LUPIN CRUMBS	1 packet (60g)
CAPSICUM RELISH	1 tub

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, dijon mustard, dried tarragon (see notes)

KEY UTENSILS

oven dish, stick mixer (or small blender)

NOTES

If you don't have dried tarragon, you can use dried Italian herbs, dried rosemary or dried oregano instead.

You can mix the lupin crumb with some fresh herbs like parsley or chives if desired.



1. BLEND THE SAUCE

Set oven to 200°C.

Using a stick mixer, blend together tofu, nutritional yeast, **1 tbsp mustard**, **1 tsp tarragon**, salt and pepper.



2. PREPARE VEGETABLES

Ribbon sweet potatoes, slice zucchini, capsicum and tomatoes. Remove leaves from silverbeet and roughly chop.



5. BUILD THE GRATIN

Toss vegetables in an oven dish (roughly 30cm x 20cm) with the sauce.



4. BAKE THE GRATIN

Sprinkle over lupin crumbs and drizzle with **oil**. Place gratin in the oven and bake, covered, for 20 minutes. Remove cover and cook for a further 5 minutes until golden.



5. FINISH AND PLATE

Divide gratin onto plates. Top with relish.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

