



## Roasted Sweet Potato and Kale

with Nuts, Dates and Goat's Curd



20-30min



2 Portions

Superfoods turn into a super salad with this nutritious and satisfying summer dinner. Sweet potato is not only low-GI, but tastes superb roasted, especially when it's coated in a smoky spice mix, while kale is packed full of fibre. This delicious main-course salad will leave you feeling full and fabulous!

## What we send

- goat's curd <sup>7</sup>
- lemon
- kale
- pitted dates
- pepitas
- slivered almonds <sup>15</sup>
- paprika coriander mix
- sweet potato

\* The remainder of this ingredient won't be used in this recipe.

## What you'll require

- olive oil
- sea salt and pepper

## Utensils

- baking paper
- grater

- Our veggies come straight from the farm, so please wash them before cooking.

## Cooking tip

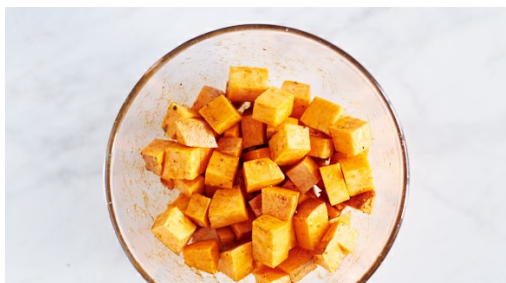
Our recipes now come in two sizes: 2P = 2 portions | 4P = 4 portions.

## Allergens

Milk (7), Tree Nuts (15). May contain traces of other allergens.

## Nutrition per serving

Energy 825.0kcal, Fat 36.2g, Proteins 23.3g, Carbs 90.4g



### 1. Roast sweet potato

Preheat oven to 220C. Line 2 large oven trays with baking paper. Cut **sweet potato** into 2cm chunks. Combine 2 tsp **oil**, **spice mix** (use half for 2P\*\* see cooking tip), and **salt and pepper** in a large bowl. Add **sweet potato**, toss to coat, then place in a single layer on one tray. Roast for 30 mins or until golden and tender, turning halfway through.



### 4. Roast kale

Tear **kale** into bite-size pieces, discarding stems, and place in a large bowl. Toss with 2 tsp **oil** and season with **salt and pepper**. When **sweet potatoes** have about 8 mins left, place **kale** on a tray and roast in oven for 8 mins or until wilted and crispy in parts.



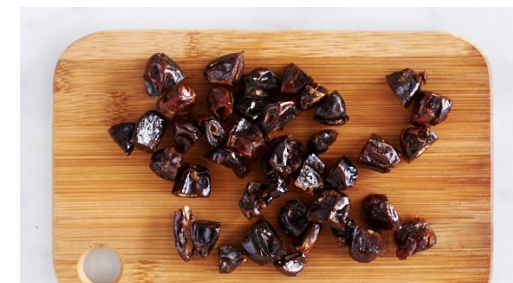
### 2. Toast nuts and seeds

Meanwhile, place **almonds** and **pepitas** on the second lined tray and roast for 3-5 mins until golden and fragrant. Remove and set aside.



### 5. Make dressing

Finely grate the **lemon** into a bowl. Juice the **lemon** (use half for 2P) into the same bowl. Add 2 tsp **oil** and season with **salt and pepper**, whisking to combine.



### 3. Chop dates

Cut the **dates** into 1cm chunks.



### 6. Get ready to serve

Divide the **kale**, **dates** and warm **sweet potato** among plates. Scatter over the **nuts and seeds** and spoon over the **goat's curd**. Drizzle with the **dressing** to serve.