

MARLEY SPOON



Roasted Sweet Potatoes

with Spiced Chickpeas and Tahini



30-40min



2 Portions

Roasted sweet potato is the ultimate comfort food and its sweet flesh means it compliments so many flavours. Here, we travelled to the Middle East for inspiration and topped it with a gorgeous tahini and dill dressing and sauteed carrot laced with aromatic spices. Sprinkled with fresh mint, parsley and a wicked pecan praline, not even the meat-eaters will be able to resist this lovely vegetariana...

What we send

- tahini ¹¹
- carrot
- sweet potato spice mix
- sweet potato
- pita bread ^{1,6}
- mint
- garlic
- pecans ¹⁵
- chickpeas
- parsley
- dill
- lemon

What you'll require

- butter ⁷
- honey
- olive oil
- salt and pepper

Utensils

- baking paper
- Colander
- large frypan
- medium frypan
- oven tray
- pastry brush
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Soy (6), Milk (7), Sesame (11), Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 805.0kcal, Fat 35.1g, Proteins 19.3g, Carbs 93.0g



1. Roast sweet potato

Preheat oven to 200C. Line an oven tray with baking paper. Rinse and scrub **sweet potatoes** and cut in half lengthwise. Rub with 2 tsp **oil** and place cut-side down on prepared tray. Rinse and drain **chickpeas** then toss with 2 tsp **oil** and half the **spice mix**. Scatter on same tray. Season with **salt**. Roast for 30-35 mins until potato is tender.



4. Make dressing

Whisk the **tahini**, 1½ tbs **lemon juice**, **garlic** and the finely chopped **dill** in a bowl. Season with **salt**. Whisk in about 60ml (¼ cup) water to give the dressing a pourable consistency. Crush or finely chop the **pecan praline**.



2. Caramelize pecans

Meanwhile, line a plate with baking paper. Place the **pecans** with 1 tbs **honey** and 10g **butter** in a medium frypan over medium-high heat. Cook, stirring, for 2-3 mins until nuts are well coated and honey starts to caramelize. Transfer to prepared plate and set aside to cool.



5. Heat bread

Heat 20g **butter** in a large frypan over medium-high heat. Cook **carrot** and remaining **spice mix**, stirring, for 3-4 mins until just tender. Meanwhile, lightly brush or spray the **flatbreads** with **oil**. Place in the oven along with the **sweet potato** for 5 mins, turning halfway through, or until crisp.



3. Prepare ingredients

Very finely chop the **garlic**. Juice the **lemon**. Pick the **dill** sprigs (discard stems) and finely chop half. Pick the **parsley** and **mint** leaves (discard stems) and coarsely chop. Using a vegetable peeler, cut the **carrot** into ribbons.



6. Get ready to serve

Once roasted, flip the **sweet potatoes** and scrape the flesh with a fork, pressing down to create a boat. Toss the **roasted chickpeas** through the **carrot** with the remaining 1 tbs **lemon juice**. Top the boats with the **carrot mixture**, drizzle with the **dressing** and scatter with **herbs** and **pecan praline**. Serve with torn **flatbreads**.

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from imported
ingredients**