

# DINNERLY



 HEALTHY

## Baked Sweet Potato Bowl with Chickpeas, Yoghurt and Pepitas



30-40 minutes



2 Servings

Load up a bowl or plate with baked sweet potato fries, marinated chickpeas, creamy mint yoghurt and crunchy seeds for a veggie dinner that's easy and oh-so-good.

## WHAT WE SEND

- 400g chickpeas
- 30g pepitas
- 1 tomato
- mint
- 100g Greek-style yoghurt <sup>7</sup>
- 2 sweet potatoes

## WHAT YOU NEED

- chilli flakes
- garlic clove
- Australian honey
- olive oil
- salt and pepper

## TOOLS

- baking paper
- oven tray
- small frypan

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

## ALLERGENS

Milk (7). May contain traces of other allergens.

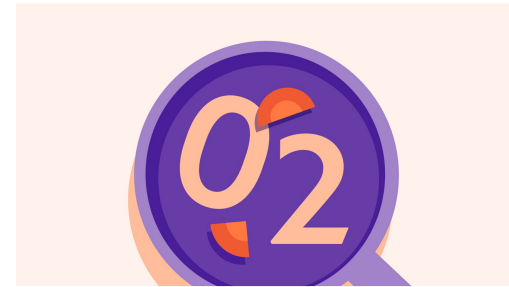
## NUTRITION PER SERVING

Energy 540kcal, Fat 26.0g, Carbs 51.0g, Proteins 18.2g



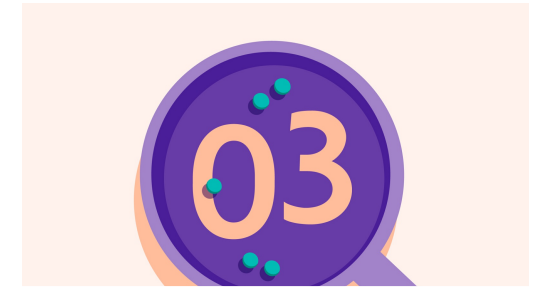
### 1. Bake sweet potato chips

Preheat the oven to 220C. Line an oven tray with baking paper. Peel the **sweet potato** and cut into 1cm-thick chips. Put the chips on the lined tray, drizzle with **1½ tbs olive oil**, season with **salt and pepper** and toss to coat. Bake, turning once, for 30 mins or until golden and tender.



### 2. Prep ingredients

Meanwhile, rinse and drain **half the chickpeas** (the remaining chickpeas won't be used in this dish). Finely chop the **tomato**. Reserve a few whole leaves, then finely chop the **mint**, discarding the stems. Crush or finely chop **1 garlic clove**.



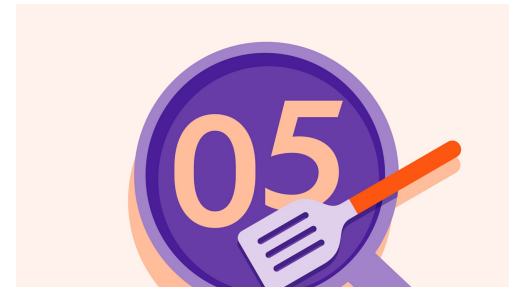
### 3. Marinate chickpeas

Combine the **chickpeas, tomato, garlic, half the chopped mint, 1½ tbs red wine vinegar, 1 tsp honey** and **½ tsp chilli flakes**, if using, in a bowl. Season with **salt and pepper** and set aside to marinate.



### 4. Make mint yoghurt

Combine the **yoghurt** and **remaining chopped mint** in a small bowl and season with **salt and pepper**. Put the **pepitas** in a cold small frypan over medium heat. Cook, tossing, for 3-4 mins until toasted. Remove from the heat.



### 5. Serve up

Drain the **tomato and chickpeas**, discarding the marinade. Divide the **sweet potato chips** among bowls. Spoon over the **tomato and chickpeas**. Drizzle with the **mint yoghurt**, scatter with the **mint leaves** and **pepitas**, and enjoy.



### 6. Make it yours

Roast beetroot, carrot, potato or pumpkin with the sweet potato for a rainbow veggie bowl.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)

View the recipe online by visiting your account at [dinnerly.com.au](https://dinnerly.com.au)    **#dinnerly**

 **Packed in Australia**  
from at least **55%**  
**Australian ingredients**