

DINNERLY



 HEALTHY

Baked Sweet Potato Bowl with Chickpeas, Yoghurt and Pepitas



30-40 minutes



4 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

- 60g pepitas
- 400g chickpeas
- mint
- 150g Greek-style yoghurt⁷
- 2 tomatoes
- 4 sweet potatoes

WHAT YOU NEED

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

TOOLS

- baking paper
- medium frypan
- oven tray

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



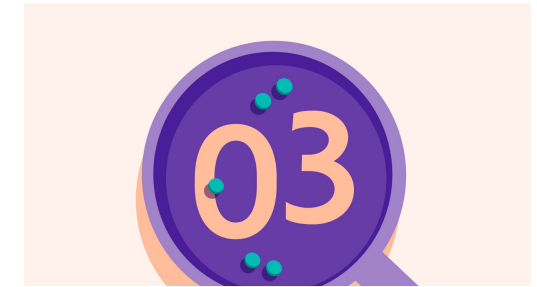
1. Bake sweet potato chips

Preheat the oven to 220C. Line 2 oven trays with baking paper. Peel the **sweet potatoes** and cut into 1cm-thick chips. Put the chips on one lined tray, drizzle with **60ml (¼ cup) 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 the **chickpeas**. Finely chop the **tomatoes**. Reserve a few whole leaves, then finely chop the **mint**, discarding the stems. Crush or finely chop **2 garlic cloves**.



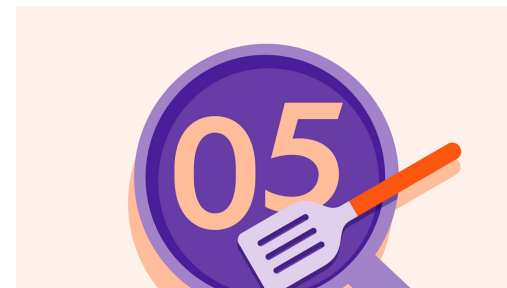
3. Marinate chickpeas

Combine the **chickpeas, tomato, garlic, half the chopped mint, 60ml (¼ cup) red wine vinegar, 2 tsp honey** and **1 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

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 **Packed in Australia**
from at least **70%**
Australian ingredients