



Cooking Made Easy

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Superhero Chickpea Sweet Potatoes with Crème Fraîche

“What’s all this superhero malarkey?” We hear you exclaim. Well here’s the thing. All those people you see running around the movies in Spandex leggings are probably eating tonight’s dinner. Sweet potatoes are chock-full of vitamin A, vitamin B5, B6, thiamin, niacin, riboflavin and carotenoids. What does that mean in English? They’re seriously good for you. Spandex optional, but highly recommended.

35 min

veggie

gluten free



Sweet Potato



Cherry Tomatoes



Flat Leaf Parsley



Organic Chickpeas



Cumin



Ground Coriander



Sweet Paprika



Crème Fraîche




Lemon




Rocket

Ingredients

	2P	4P
Sweet Potatoes, halved	2	4
Cherry Tomatoes, halved	1½ cups	3 cups
Flat Leaf Parsley, chopped	2 tbsp	4 tbsp
Organic Chickpeas	1 tin	2 tins
Cumin	1 tsp	2 tsp
Ground Coriander	1 tsp	2 tsp
Sweet Paprika	1 tsp	2 tsp
Crème Fraîche 1	3 tbsp	6 tbsp
Lemon	½	1
Rocket	½ bag	1 bag

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Milk

Nutrition per serving: Calories: 543 kcal | Protein: 20 g | Carbs: 87 g | Fat: 20 g | Saturated Fat: 13 g



1 Preheat your oven to 200 degrees. Wash (but don't peel) the sweet potatoes. Slice the them in half lengthways. Rub 1 tsp of olive oil on each sweet potato and season with salt and pepper. Place the sweet potato skin side up on a baking tray in the middle of the oven for 30 minutes until cooked through.



2 Cut the cherry tomatoes in half and finely chop 2 tbsp of parsley. Drain and wash the chickpeas.



3 In a bowl, toss the chickpeas together with ½ tsp of oil, the spice mix, ¼ tsp of salt and a few grinds of pepper. Mix in half of the cherry tomatoes. Remove the potatoes from your oven as briefly as possible. Scatter the chickpeas and tomatoes around the sweet potatoes and place back in the oven for the final 15 mins.



4 Meanwhile, mix the crème fraîche with some salt and pepper, ¼ tsp of lemon zest and 1 tbsp of lemon juice.

5 Mix your rocket with the remaining cherry tomatoes, ½ tbsp of olive oil, ½ tsp of lemon

juice, ¼ tsp of salt and a few grinds of black pepper. **Tip:** You can use your empty bowl where you mixed the chickpeas for this.

6 Once your potatoes are cooked through, take the baking tray out of the oven. Turn your sweet potatoes around and slightly mash the inside.

7 Now to plate up: place the sweet potatoes on a plate (skin side down). Stack the warm chickpeas and tomatoes from the baking tray on top and scatter over your lemony crème fraîche and parsley. Serve with your salad on the side.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!