



More Than Food
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Roasted Sweet Potato with Crispy Spiced Chickpeas

“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, 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 mins

healthy

gluten free

spicy

veggie



Sweet Potato



Cherry Tomatoes



Flat Leaf Parsley



Yellow Pepper



Organic Chickpeas



Chermoula Spice



Crème Fraîche




Lemon



Rocket

Ingredients

	2P	4P
Sweet Potato, halved	1	2
Cherry Tomatoes, halved	1 punnet	2 punnets
Flat Leaf Parsley, chopped	2 tbsp	4 tbsp
Yellow Pepper, sliced	1	2
Organic Chickpeas	1 tin	2 tins
Chermoula Spice 1	1½ tbsp	3 tbsp
Crème Fraîche 2	½ small pot	1 small pot
Lemon	½	1
Rocket	1 bag	2 bags

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

Allergens

1) Gluten | **2)** Milk

Nutrition per serving: Calories: 543 kcal | Protein: 21 g | Carbs: 88 g | Fat: 20 g | Saturated Fat: 14 g



1 Pre-heat your oven to 220 degrees. Slice the your sweet potato in half lengthways. Rub 1 tsp of olive oil on each half 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 mins until cooked through.



2 Cut the cherry tomatoes in half and finely chop your parsley. Cut the core out of the pepper and cut into slices 1cm wide. Drain and rinse the chickpeas.



3 In a bowl, toss the chickpeas together with ½ tbsp of oil, the spice mix, ¼ tsp of salt and a few grinds of pepper. Mix in the peppers and half of the cherry tomatoes. Remove the potatoes from your oven as briefly as possible. Scatter the tomatoes, peppers and chickpeas around the sweet potatoes and place back in the oven for the final 10 mins.



4 Meanwhile, mix the crème fraîche with a pinch of salt and a good grind of pepper, grate in ¼ tsp of lemon zest and squeeze in 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 in which you mixed the chickpeas for this.

6 Once your potato halves are cooked through, take the baking tray out of the oven. Turn them over and slightly mash the inside.

7 Now to plate up: place the sweet potato halves on plates (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!