

Sweet potato

RECIPES

Spicy sweet potato dip



Total preparation and cooking time:
30 minutes



Makes 2 tubs



Dip can be frozen in portions



DID YOU KNOW?

Sweet potatoes are a good source of fibre when eaten with the skin on.

WHAT YOU NEED

2 medium sweet potatoes, peeled and chopped

3 tbsps. olive oil

1 x 420g can of chickpeas (rinsed and drained)

3 tbsps. tahini

3 cloves garlic, finely chopped

1 lemon, juiced

zest of ½ lemon

½ tsp. cayenne pepper

½ tsp. smoked paprika

½ tsp. cumin

HOW TO MAKE IT:



- 1 On a stove top, bring a pan of water to the boil and then add the sweet potato. Reduce heat and simmer for 15 mins until sweet potato is soft. Drain and allow to cool.



- 2 Add the cooled sweet potato to all the other ingredients in a bowl. Using a stick mixer or potato masher blend together well.



- 3 Serve with veggie sticks and crackers or smeared on toast!



HEY I'M A ROOT VEGETABLE!





Red lentil and sweet potato soup

WHAT YOU NEED:

- 1 tbsp. olive oil
- 1 onion, chopped
- 1 garlic clove, finely chopped
- 1 tsp. ground cumin
- 2 tsp. ground paprika
- 500g sweet potato, peeled and chopped into small chunks
- 1 cup dried red lentils
- 5 cups of water
- 1 tbsp. reduced-salt vegetable stock powder
- Squeeze of lemon juice – for serving
- 2 tbsp. fresh coriander leaves, chopped – for serving

HOW TO MAKE IT:



- 1 On a stove top, heat the oil in a large saucepan over a medium heat. Add the onion, garlic, cumin and paprika and stir to coat the spices onto the onion. Cook until the onion is soft.



- 2 Add the sweet potato and red lentils, stirring for one more minute to combine.



- 3 Stir in water and stock powder and bring to the boil, then reduce the heat and simmer on a low temperature, covered, for 30 mins.



- 4 Remove from heat, cool slightly and blend.

- 5 To serve, stir in lemon juice and garnish with coriander.

Sweet potato wedges

WHAT YOU NEED:

- 2–3 tbsp. olive oil
- 2 large sweet potatoes
- Optional – fresh or dried herbs and spices, freshly ground salt and pepper to taste.

HOW TO MAKE IT:



- 1 Preheat the oven to 220° C. Cut the sweet potatoes length ways into 8 wedges each. No need to peel.



- 2 On a stove top, add wedges to a pan of boiling water for 10 mins to slightly soften. Remove and cool.
- 3 In a large bowl combine wedges with olive oil and seasoning of choice. Fresh rosemary or thyme, finely chopped works well (can also use dried herbs).



- 4 Place on a baking sheet on a tray in the oven, spread wedges in a single layer, and cook for 20 mins – turning the wedges after 10 mins.

SERVE WITH
DIPS, A SALAD
OR AS A SIDE
DISH TO A ROAST
DINNER!

