



Spiced Roast Sweet Potato, Chickpea and Tomato Bake with Tossed Salad

Delicious baked sweet potato! The trick is the honey in this dish which really brings out the sweetness in the potatoes and helps caramelize the tomatoes. The toasted almonds add the crunch as the garnish.

Nutritional Info

Calories: 650 kcal
Carbohydrates: 105 g
Protein: 20 g
Fat: 18 g

Ingredients

- Sweet Potato
- Rocket
- Honey
- Chickpeas
- Chopped Tomatoes
- Flaked Almonds
- Spice Mix
 - Ground Cumin
 - Ground Cinnamon
 - Ground Coriander
- Dressing Mix
 - Rapeseed Oil
 - Balsamic Vinegar

Your Pantry

- Olive Oil
- Salt

Allergens


Nuts (Almonds)
Sulphur Dioxide (Vinegar)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) **Pre-heat the oven to 180C**

2) **Prepare the sweet potato**

Slice the sweet potato in 3 lengthways. Then cut on an angle into 1 cm wide batons. Toss these in a little olive oil, salt and the spice mix. Place in a baking dish and bake in the oven for 15 minutes. .

3) **Drain the chickpeas**

Drain the can of chickpeas and tip them into a large bowl.

4) **Add the tinned tomatoes and honey**

Add the tinned tomatoes and honey to the bowl of chickpeas and combine the mixture.

5) **Add the tomato mixture to the bake**

Once the sweet potato has been baking for 15 minutes, add the tomato and chickpea mixture to the baking dish. Cook for a further 10 minutes.

6) **Toast the almonds**

In a dry pan lightly toast the almonds, being careful not to burn them.

7) **Plate the dish**

Once the bake is cooked, remove from the oven and sprinkle with the toasted almonds. Serve the sweet potato, chickpea and tomato bake with the rocket and some dressing to taste.



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