




Dukkah Roasted Sweet Potato Wedges

with Lemon Yoghurt & Mint

Grab your Meal Kit
with this symbol



 Hands-on: 10 mins
Ready in: 30 mins
 Naturally gluten-free
Not suitable for Coeliacs

 Spicy (optional
long red chilli)

This side dish will be sure to steal the main show tonight! Layer with a base of lemon yoghurt, add dukkah roasted sweet potato and onion and top with fresh mint and flaked almonds for one show-stopping combo.

Pantry items
Olive Oil, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Small frying pan

Ingredients

	2 People
olive oil*	refer to method
sweet potato	3
red onion	1
dukkah	1 sachet
flaked almonds	1 packet
lemon	½
mint	1 bunch
long red chilli (optional)	1
Greek-style yoghurt	1 packet (100g)
honey*	1 tsp

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1726kJ (412Cal)	345kJ (82Cal)
Protein (g)	12.1g	2.4g
Fat, total (g)	13.2g	2.6g
- saturated (g)	2.8g	0.6g
Carbohydrate (g)	54.8g	11g
- sugars (g)	28.9g	5.8g
Sodium (mg)	541mg	108mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** and the **red onion** into wedges. Place the **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Sprinkle with the **dukkah** and toss to coat. Roast until tender, **25-30 minutes**.

TIP: Don't worry if your onion gets a little charred during cooking. It adds to the flavour!

2



Toast the flaked almonds

While the veggies are roasting, heat a small frying pan over a medium-high heat. Add the **flaked almonds** and toast until golden, **2-3 minutes**. Remove from the heat.

3



Prep the garnishes

When the veggies have **5 minutes** remaining, slice the **lemon** in half. Pick and thinly slice the **mint** leaves. Thinly slice the **long red chilli** (if using). In a small bowl, combine the **Greek-style yoghurt**, a drizzle of **olive oil** and a generous squeeze of **lemon juice**. Season to taste.

TIP: Add more or less lemon juice to taste.

TIP: Make the lemon yoghurt on the serving plate to saving on washing up!

4



Serve up

Spread the lemon yoghurt over a serving plate. Top with the dukkah roasted sweet potato and onion. Drizzle with the **honey**. Garnish with the flaked almonds, mint and chilli (if using) to serve.

Enjoy!