

Sweet Potato & Chickpea Bowl

Ingredients for 4 servings:

600 g American sweet potatoes
50 g walnuts
1 can chickpeas (= 425 ml)
5 tbsp. olive oil
1 tsp. thyme
3-4 tbsp. maple syrup
Chili powder, curry
200 g millet
1 broccoli
2 mini romaine lettuce
200 g cherry tomatoes
30 g dried cranberries
150 ml orange juice
1-2 tsp. herbal mustard
2-3 tbsp. light balsamic vinegar
salt, freshly ground pepper



Directions:

1. Pre-heat the oven to 200°C circulating air. Roughly chop the walnuts. Wash chickpeas, pat them dry and mix with walnuts and 1 tablespoon of olive oil. Spread everything onto a baking tray lined with baking paper and bake for approx. 20 minutes in the oven.
2. Peel and cut sweet potatoes into approx. 2 cm cubes. Blend with 2 tablespoons olive oil and thyme. Season with salt and pepper. Spread mixture onto another baking tray lined with baking paper and bake for approx. 15-20 minutes.
3. Mix chickpea-walnut mixture with 2 tablespoons maple syrup, some salt, chili, and curry. Bake in the oven for another 10 minutes.
4. Prepare the millet according to package directions. Divide broccoli into rosettes, wash and cook in salted water for approx. 10 minutes. Fast-chill in cold water. Cut the mini romaine lettuce into strips, wash and dry well. Wash tomatoes and cut in half.
5. For the dressing, finely chop cranberries, mix with remaining maple syrup, orange juice, mustard, vinegar, and remaining oil. Season with salt and pepper.

American Sweet Potato Marketing Institute

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6. Decoratively arrange the ingredients (except for the chickpeas and walnuts) in 4 bowls, garnish with dressing and chickpea-walnut mixture.

Preparation time: approx. 1 hour

Nutrition facts:

Energy: 760 kcal/ 3190kJ

Carbohydrates: 101 g

Protein: 20 g

Fat: 26 g

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