



READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...
DAVE'S RECIPE BOX

BAKED SWEET POTATOES WITH CHICKPEA, TOMATO AND LEMON YOGHURT



PREP
10 min



COOK
45 min



SERVES
4

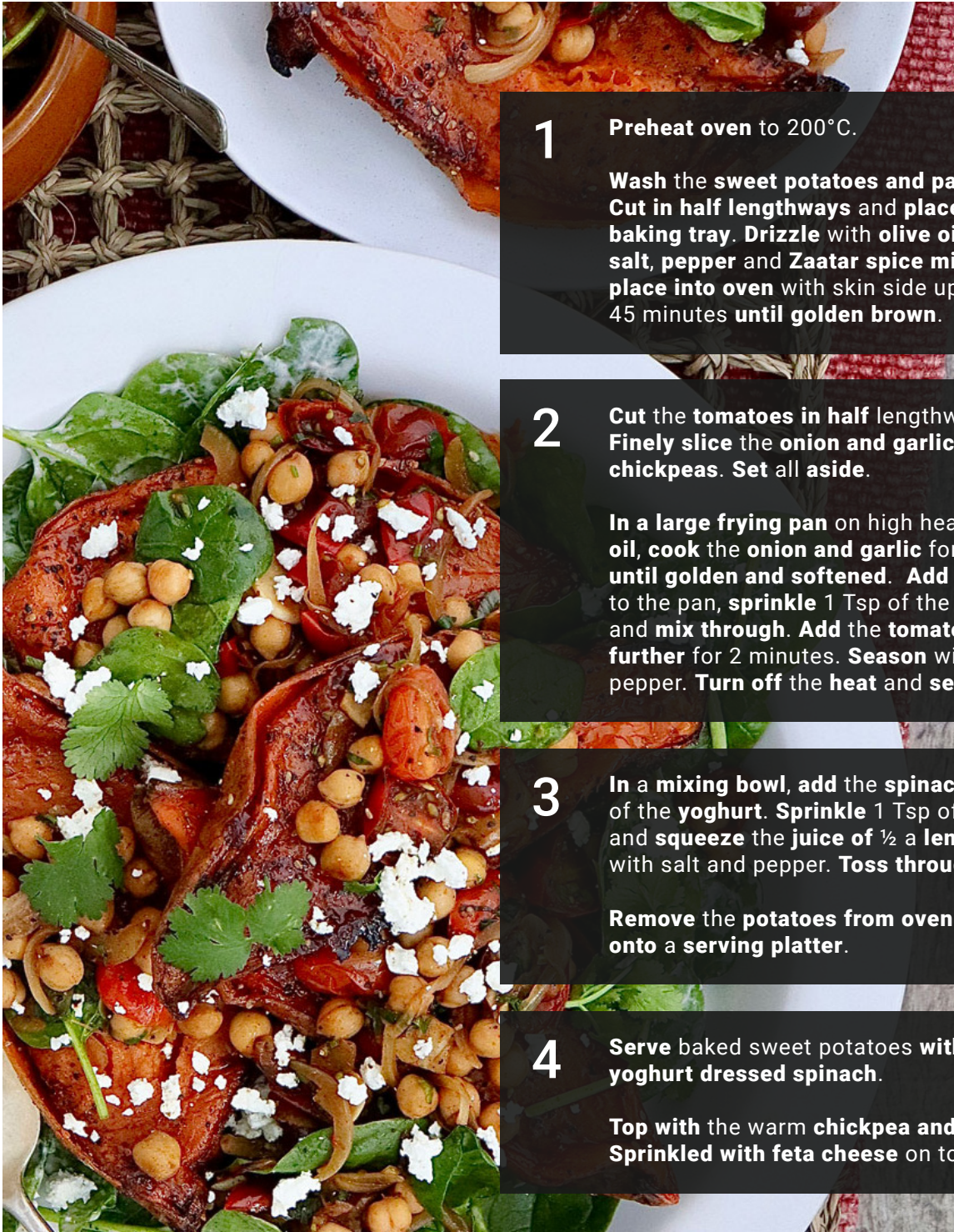
INGREDIENTS:

- > 1Kg Sweet Potatoes
- > 2 Tsp Zaatar Spice Mix
- > 1 Brown Onion
- > 2 Garlic Cloves
- > 250g Cherry Tomatoes
- > 400g Chickpeas
- > 120g Baby Spinach
- > 350g Unsweetened Yoghurt
- > 1 Lemon
- > 100g Danish Feta Cheese

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper

METHOD – GET COOKING!



1

Preheat oven to 200°C.

Wash the sweet potatoes and pat dry them. Cut in half lengthways and place on a lined baking tray. Drizzle with olive oil, season with salt, pepper and Zaatar spice mix. Rub well, place into oven with skin side up and cook for 45 minutes until golden brown.

2

Cut the tomatoes in half lengthways. Finely slice the onion and garlic. Drain the chickpeas. Set all aside.

In a large frying pan on high heat, drizzle olive oil, cook the onion and garlic for 3 minutes until golden and softened. Add the chickpeas to the pan, sprinkle 1 Tsp of the Zaatar spice and mix through. Add the tomatoes and cook further for 2 minutes. Season with salt and pepper. Turn off the heat and set aside.

3

In a mixing bowl, add the spinach and 3 Tbsp of the yoghurt. Sprinkle 1 Tsp of Zaatar spice and squeeze the juice of ½ a lemon. Season with salt and pepper. Toss through well.

Remove the potatoes from oven and place onto a serving platter.

4

Serve baked sweet potatoes with a bed of yoghurt dressed spinach.

Top with the warm chickpea and tomato salad. Sprinkled with feta cheese on top.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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