



# MOROCCAN ROASTED SWEET POTATOES WITH CHICKPEAS AND DATE VINAIGRETTE

SERVES 2 OR 4

TIME: 40 MIN

CALORIES: 620/SERVING



Caramelized spiced roasted sweet potatoes are tossed with fresh and crispy carrots, bell pepper, red onion, cherry tomatoes, tender chickpeas, and a delicious date vinaigrette. Topped with fresh herbs and crunchy pistachios, this dish is jam packed with different flavours and textures.

## WHAT YOU'LL NEED

- Baking sheet
- Salt
- Silicone baking mat (optional)
- Oil
- Pepper





OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!



Preheat oven to 400°F and prep your ingredients: dice the **sweet potato**, **carrots**, and **bell pepper**, thinly slice the **red onion**, halve the **cherry tomatoes**, rinse the **chickpeas**, roughly chop the **mint** and **cilantro**, and chop the **pistachios**. If needed, mix water into the **vinaigrette** until you reach desired consistency.



Toss the **sweet potatoes** in 1 tbsp of **oil** (2 tbsp for 4 servings) and **spice blend** and season with **salt** and **pepper**. Spread on a baking sheet lined with a silicone baking mat or lightly greased. Roast for 25-30 minutes until tender and golden, tossing as needed.



Place the **sweet potatoes** in a large bowl with the **carrots**, **bell pepper**, **cherry tomatoes**, **red onion**, **chickpeas**, **cilantro**, and **mint**. Season with **salt** and **pepper** then add the **date vinaigrette** and toss to coat. Divide between dishes and sprinkle with **chopped pistachios**.

**WHAT'S INSIDE**

	2 servings	4 servings
Sweet potato	1	2
Spice blend	1/2 tbsp	1 tbsp
Carrots	2	4
Bell pepper	1	1-2
Red onion	1	2
Cherry tomatoes	1/3 cup	2/3 cup
Chickpeas	1 cup	2 cups
Cilantro	1/8 bunch	1/4 bunch
Mint	2-3 sprigs	3-6 sprigs
Pistachios	1/4 cup	1/2 cup
Date vinaigrette	1/2 cup	1 cup

Nutrition Facts	
Valeur nutritive	
Per Serving (476 g)	
pour 1 (476 g)	
<b>Calories 620</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>
<b>Fat / Lipides</b> 34 g	45 %
Saturated / saturés 4.5 g	23 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 75 g	
Fibre / Fibres 16 g	57 %
Sugars / Sucres 24 g	24 %
<b>Protein / Protéines</b> 13 g	
<b>Cholesterol / Cholestérol</b> 0 mg	0 %
<b>Sodium</b> 520 mg	23 %
Potassium 1300 mg	28 %
Calcium 150 mg	12 %
Iron / Fer 4 mg	22 %
*5% or less is a little 15% or more is a lot	
*5% ou moins c'est peu 15% ou plus c'est beaucoup	