

Roast sweet potatoes with zhoug

🕒 1 Hour 10 Minutes

➕ Serves 2

➕ Easy

Check out these roasted sweet potatoes topped with crumbly feta, juicy tomatoes and zhoug – a spicy herb sauce. This veggie recipe is super easy to make, packed with plenty of flavour and low in calories

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Ingredients

sweet potatoes 2 large

vegetable oil 2 tsp

smoked paprika 1 tsp

cherry tomatoes 12

feta 50g, crumbled

ZHOUG

coriander $\frac{1}{2}$ a small bunch, chopped, plus a few leaves to serve

flat-leaf parsley $\frac{1}{2}$ a small bunch, chopped

green chilli 1, chopped

ground cumin $\frac{1}{2}$ tsp

red wine vinegar 1 tbsp

garlic $\frac{1}{2}$ a clove, chopped

Method

STEP 1

Heat the oven to 200C/fan 180C/gas 6. Prick the sweet potatoes all over then put into a mixing bowl with the oil and paprika and toss well. Put onto a baking sheet and bake for 55 minutes-1 hour or until really tender. Add the cherry tomatoes to the tray for the final 10 minutes of cooking.

STEP 2

Meanwhile, put all of the zhoug ingredients into a small blender with some seasoning and 2-3 tbsp of water, and whizz until smooth and a vibrant green.

STEP 3

To serve, put the sweet potatoes onto a plate and cut all the way down the length of each, opening them up. Spoon over the tomatoes and any juices, the zhoug, crumble over the feta and finish with some coriander.

Originally from Yemen, zhoug is a spicy herb sauce made using coriander, cumin and green chilli.

Nutritional Information

Kcals
407

Fat
10.1g

Saturates
4.2g

Carbs
63.4g

Sugars
35.3g

Fibre
12.6g

Protein
9.5g

Salt
1g