

Mustard Seed Green Bean Salad with Roasted Sweet Potato

The embodiment of summer, this dish is bursting at the seams with colour, flavour and all sorts of zingy bits. Combining the nutritional powerhouse that is the sweet potato, with ginger, lemon, garlic and chilli, it'll get your tastebuds doing backflips and your metabolism feeling like it's on a spa day. Once we've made the dip, we leave it out of the fridge to let the ginger and citrus flavours really infuse, before diving in with the potato wedges. Perfect!



30 min



veggie

















Garlic Clove



Ginger





Lemon



Green Beans







Mustard Seeds



Nigella Seeds

Ingredients	2P	4P
Sweet Potato, chopped	2	4
Coriander Seeds, crushed	1 tsp	2 tsp
Red Onion, diced	³⁄₄ cup	1½ cups
Red Chilli, diced	½ tbsp	1 tbsp
Garlic Clove, diced	1	2
Ginger, diced	1 tsp	2 tsp
Crème Fraîche 1	4 tbsp	7 tbsp
Lemon	1/2	1
Green Beans	1 cup	2 cups
Sugar Snap Peas	½ cup	1 cup
Peas	½ cup	1 cup
Mustard Seeds 2	½ tsp	1 tsp
Nigella Seeds	½ tsp	1 tsp

Hay feature in another recipe

Our produce comes fresh from the farm so give it a little wash before using

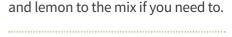
Allergens

1) Milk | 2) Mustard

Nutrition per serving: Calories: 424 kcal | Protein: 12 g | Carbs: 60 g | Fat: 16 g | Saturated Fat: 13 g

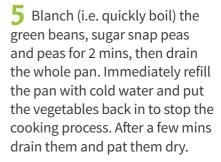


Pre-heat the oven to 220 degrees and boil a large pan of water. Wash the sweet potatoes (you don't need to peel them), cut them in half lengthways, then cut each half into thirds lengthways. Crush the coriander seeds (using a pestle and mortar or a spoon), peel and dice the onion, chilli and garlic. Top and tail your green beans.





2 Coat the sweet potatoes all over in 1 tbsp of olive oil and season well with salt and pepper. Put them in the oven for 25 mins or until they are cooked through and a little





- crispy around the edges.
- 6 Cook the crushed coriander seeds and the mustard and nigella seeds in 2 tsp of oil, in a small pan on medium heat. When the seeds start to pop take the pan off the heat and pour the oil and the seeds over the beans and peas.



- Peeling ginger is easy. Simply use the edge of a spoon to scrape off the skin. No waste and no fuss! Now dice up the peeled ginger nice and finely.
- Next, add in the red onion, chilli, garlic and a bit of lemon zest (not the bitter white part though). Mix gently but thoroughly and then season with as much salt and pepper as necessary.
- 4 To make a dip for your potatoes simply mix the crème fraîche with a few grates of lemon zest (save some lemon zest for the greens), 2 tsp of lemon juice and a tsp of the fresh ginger. Test the dip for seasoning and add a little more salt, pepper
- 8 When everything is all mixed together nicely, serve the bean salad with your potatoes and dip on the side.