

Recipe

QUINOA & RED LENTIL STUFFED SWEET POTATOES



► ► Vegan, gluten-free, refined sugar-free, nut-free

Yield: 4 stuffed sweet potatoes

Prep Time: 10 min

Cook Time: 45 min

Total Time: 55 min

INGREDIENTS

4 medium sweet potatoes

1 tsp (5 mL) olive oil

2 scallions, minced (optional)

1 medium yellow onion, chopped

2 cloves garlic, crushed

1/2 cup (100 g) dry red lentils, rinsed

1/2 cup (90 g) quinoa

1/2 vegetable bouillon cube

1 tsp (5 mL) sambal chili paste* (optional)

1/2 tsp ground cumin

1/2 tsp ground coriander

1 tsp (5g) curry powder

1/2 large head of broccoli, cut in bite-sized florets

1 medium red bell pepper, chopped

INGREDIENTS: DRESSING

1/4 cup (60 mL) tahini

1 Tbsp (15 mL) balsamic vinegar

2 tsp (10 mL) soy sauce

DIRECTIONS

1. Preheat oven to 400 F/200 C. Pierce sweet potatoes with a fork in several locations and place on aluminum foil on a baking tray in the oven. Roast until tender, about 45 minutes, stopping once to flip.
 - **Note:** Cooking the following ingredients takes about 20 minutes, so if you want the potatoes to be done at the same time, wait about 20 minutes after putting the sweet potatoes in the oven to start the next steps.
2. Add scallions and onion to a large pot on high heat. Add 2 Tbsp (30 mL) water as needed to de-glaze the pan and avoid burning, stirring occasionally until translucent and slightly browned, about 5 minutes. Add the garlic and sauce for another 2 minutes, stirring and adding water as needed.
3. Add the lentils through curry powder to the pot plus 2 cups of water, bring to a boil then reduce to a simmer with the lid partially covered. Simmer for 10 min.
4. Add the broccoli and bell pepper, stir to combine, and place lid fully on the pot and allow to cook for 5 minutes.
5. Mix all dressing ingredients in a small bowl plus 2 Tbsp (30 mL) water. Stir into the quinoa/lentil mixture or serve on the side to drizzle on top. Enjoy!

NOTES

1. ***Variations:** add any other veggies you desire, and try adding some spices like cumin or paprika! If you don't have sambal, any hot sauce will do.
2. **Speed-it-up:** batch cooking the sweet potatoes ahead of time will speed up this recipe.
3. **Storage:** store in an air-tight container in the fridge for up to 3 days.

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