

Dukkah Roasted Kumara Wedges

with Lemon Yoghurt & Mint

Grab your Meal Kit
with this symbol



Kumara



Red Onion



Dukkah



Flaked Almonds



Lemon



Mint



Long Green Chilli
(Optional)



Greek-Style
Yoghurt

 Hands-on: 10 mins
Ready in: 30 mins

 Spicy (Optional long green chilli)

This side dish will be sure to steal the main show tonight! Layer with a base of lemon yoghurt, add dukkah roasted kumara and onion and top with fresh mint and flaked almonds for one show-stopping combo.

Pantry items

Olive Oil, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Small frying pan

Ingredients

	2 People
olive oil*	refer to method
kumara	3
red onion	1
dukkah	1 sachet
flaked almonds	1 packet
lemon	½
mint	1 bag
long green chilli (optional)	1
Greek-style yoghurt	1 medium packet
honey*	1 tsp

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1864kJ (446Cal)	405kJ (97Cal)
Protein (g)	10.6g	2.3g
Fat, total (g)	15.9g	3.5g
- saturated (g)	3.1g	0.7g
Carbohydrate (g)	63.9g	13.9g
- sugars (g)	37.6g	8.2g
Sodium (mg)	419mg	91mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Roast the kumara

Preheat the oven to **220°C/200°C fan-forced**. Peel the **kumara** and cut into thin wedges. Cut the **red onion** into wedges. Place the **veggies** on a lined oven tray. Drizzle generously with **olive oil** and season with **salt** and **pepper**. Sprinkle with the **dukkah** and toss to coat. Spread out evenly and roast until tender, **20-25 minutes**.

TIP: Leave kumara unpeeled if you prefer!

3



Prep the garnishes

When the veggies have **5 minutes** remaining, slice the **lemon** into wedges. Pick and roughly chop the **mint** leaves. Thinly slice the **long green chilli** (if using). In a small bowl combine the **Greek-style yoghurt**, a drizzle of **olive oil** and a generous squeeze of **lemon juice**. Mix well and season to taste.

TIP: Add more or less lemon juice to taste.

2



Toast the flaked almonds

While the veggies are roasting, heat a small frying pan over a medium-high heat. Toast the **flaked almonds** until golden, **2-3 minutes**. Remove from the heat and set aside.

4



Serve up

Spread the lemon yoghurt over a serving plate. Top with the dukkah roasted veggies. Drizzle with the **honey**. Garnish with the flaked almonds, mint and chilli to serve.

Enjoy!