

Sweet potato with spices and pistachio

By Maggie Beer

15 minutes + dehydrating

Preparation Time

30 minutes

Cooking Time

6

Serves



INGREDIENTS

1.5kg sweet potato; a mixture of gold, red, purple and white
3 tbs verjuice
3 tbs extra virgin olive oil
1 tsp salt flakes
2 tbs oregano leaves, finely chopped
2 tbs thyme leaves, finely chopped
3 tbs Za'atar
Black pepper, freshly ground

Pistachio za'atar

10 sprigs oregano, washed and dried
10 sprigs thyme, washed and dried
15g ground sumac
30g sesame seeds, toasted
100g pistachio kernels, toasted and chopped
10g salt flakes

To serve

Extra verjuice and extra virgin olive oil
½ cup mint leaves, roughly chopped

METHOD

Pistachio za'atar

1. Place half of the thyme and oregano onto a Perforated baking tray. Place into the Oven and dehydrate on Fan Plus at 80°C for 4-5 hours until crisp and dry.
2. Crumble the dried leaves into a mixing bowl, discarding the stems. Blend together with the remaining ingredients. Store in an airtight container until needed.

Sweet potato

1. Pre-heat Oven on Moisture Plus at 200°C with 1 manual burst of steam.
2. Cut into 2-3cm thick pieces and place in mixing bowl. Toss with a little verjuice as you go to stop the oxidation process.
3. Add olive oil and salt flakes and toss well to coat. Transfer to a Multi-purpose tray and place into the Oven on shelf position 2. Release the burst of steam immediately. Bake for 20 minutes.
4. Remove from the Oven and turn the pieces of sweet potato over. Drizzle with a little extra verjuice and return. Bake for a further 10 minutes until evenly browned.

To serve

1. While still hot, toss sweet potato with pistachio za'atar. Dress with verjuice and olive oil to taste.
2. Transfer to a warm serving bowl. Garnish with fresh mint just before serving.

Hints and tips

- There are 4 different types of sweet potato grown; gold, red, purple and white. These are available from green grocers and supermarkets.
- White and purple sweet potato are naturally high in sugar, pay close attention to ensure that they do not burn.
- Sweet potato is known in New Zealand as kumara.