

Under 1 hour

Serves 4

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Ingredients:

- 4 medium-sized sweet potatoes
- Olive oil, for drizzling
- Salt and milled pepper
- 5cm knob fresh ginger, grated
- Juice (60ml) and grated peel of 1 lemon
- 1 tsp (5ml) chilli flakes
- ½ can (200ml) coconut milk
- Drizzle of honey, to taste
- 1 batch (500ml) chickpea and butter bean sauté ([click here for base recipe](#))
- Fresh thyme, for serving

Method:

1. Preheat oven to 200°C.
2. Prick 4 medium-sized sweet potatoes with a fork, drizzle with oil, season and wrap in foil.
3. Bake for 30-40 minutes or until tender.
4. Heat a glug of oil in a pan over medium heat.
5. Add ginger, lemon, chilli, coconut milk and honey.
6. Cook for 8-10 minutes until coconut milk has reduced to a sauce.
7. Add chickpea and butter bean sauté, and simmer for another 5-8 minutes. Season.
8. Slice potatoes halfway and squeeze to open.
9. Spoon over chickpea mixture and top with fresh thyme.

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