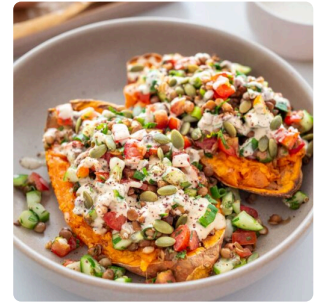


Roasted Sweet Potato Tabbouleh Bowl

A nourishing bowl featuring tender sweet potatoes topped with lentil tabbouleh, drizzled with lemony hummus sauce.

Author Sarah Cobacho (plantbaes.com)



PREP TIME

15 minutes

COOK TIME

45 minutes

TOTAL TIME

1 hour

Servings 2

Course Main Course

Cuisine Middle Eastern-Inspired

Keyword cucumber, Easy Dinner, garlic, Healthy, High Protein, hummus, lemon, lentils, onions, parsley, potatoes, pumpkin, sweet potato, tomato

Ingredients

- 2 medium sweet potato approx 550g
- 1.5 cups cooked lentils
- 7 oz tomatoes finely chopped
- 1 cucumbers finely diced
- 2 spring onions finely chopped (scallions)
- 1 garlic clove minced
- ¼ cup fresh mint finely chopped
- ¼ cup fresh parsley finely chopped
- sea salt flakes to taste
- freshly cracked black pepper to taste
- ¼ tsp sumac
- 2 tbsp pepitas pumpkin seeds

Sauce

- ¼ cup hummus
- 1 tbsp lemon juice
- 1 tsp maple syrup
- water to thin to desired consistency (optional)

Instructions

1. Preheat your oven to 400 °F. Slice the sweet potatoes in half lengthwise.
2. Place the sweet potatoes face down on a baking tray lined with parchment paper. Bake for 45 minutes until tender.
3. While the potatoes are baking, prepare the filling. Mix together the lentils, tomatoes, cucumber, green onions, garlic, mint, parsley, and season with salt and pepper to taste.
4. In a small jar, whisk together the hummus, lemon juice, and agave syrup. Add a little bit of water if necessary to thin the sauce to your preferred consistency.
5. Once the sweet potatoes are baked, flip them over and gently mash the insides with a fork.
6. Top the sweet potatoes with the lentil tabbouleh. Drizzle generously with the hummus dressing. Sprinkle with sumac and pumpkin seeds, and enjoy!