

Tahini & Pesto Sweet Potato with Walnuts



Serves 1

Prep 5 mins

Cooking 10 mins

Easy

Ingredients

1 sweet potato
a little oil
1tsp tahini
a squeeze lemon juice
1 tbsp pesto
a few walnut pieces
salad leaves to serve

For the pesto:

40g basil leaves
25g toasted pine nuts
25g grated parmesan
3 tbsp olive oil

Freeze pesto without the cheese

1. Take a medium sweet potato, wash it, then prick the skin all over with a fork.
2. Rub a little olive oil over each potato. Place on a plate and Microwave at 800W for 6 -10 mins, or until the flesh is soft and cooked through. Alternatively you can cook the sweet potato in the oven (200C/ 180C Fan/ Gas 6) for 45 minutes or a mixture of microwave and oven. Meanwhile, in a cup or a small bowl, loosen 1 tsp tahini by stirring in a little water and a good squeeze of lemon (optional) until it is a saucy consistency.
3. When the sweet potato is cooked, cut down the middle and fluff the flesh with the fork a little. Then drizzle over the tahini, top with 1 tbsp pesto (from a jar or homemade), sprinkle with a few broken-up walnuts and a handful of salad leaves.