

T E N D I N G the T A B L E

Twice Roasted Maple Harissa Sweet Potatoes

Serves 4

INGREDIENTS

2 medium sweet potatoes
2 tablespoons harissa paste
4 tablespoons extra virgin olive oil
2 tablespoons maple syrup
1/4 teaspoon salt
1 cup unsweetened coconut milk yogurt
toasted sesame seeds and minced parsley to garnish

PROCEDURE

Preheat the oven to 400°F. Wrap the sweet potatoes in foil and place on a rimmed baking sheet. Roast for 90 minutes, until soft when pierced with a knife. Remove from the oven, unwrap and allow to cool slightly.

Turn up the oven to 450°F. Line a rimmed baking sheet with parchment.

In a medium bowl combine the harissa paste, olive oil, maple syrup and salt. Whisk to combine.

When cool enough to handle, tear the sweet potatoes into pieces. One at a time, gently toss the sweet potato pieces in the maple harissa sauce and place on the prepared baking sheet. Roast for 15-20 minutes until crispy.

Spread the yogurt on a plate or platter with the back of a spoon. Arrange the sweet potato pieces over the yogurt and garnish with the sesame seeds and chopped parsley.