

Ginger Roasted Sweet Potato and Coconut Rainbow Chard

Ingredients

Sweet potatoes

- 1.2kg sweet potatoes peeled and cut into 1 inch pieces
- 6 green onions green parts only, cut into 1 inch pieces, plus small slices for garnish
- 3 cloves of garlic grated or minced
- 3 tsp ginger grated
- 1/8 tsp cayenne pepper
- 1/3 cup olive oil
- 3/4 tsp salt
- 3/4 tsp pepper

Rainbow Chard

- 1 cup Rainbow chard torn into pieces and stalks cut into pieces (optional)
- 1.5 clove of garlic grated or minced
- 1.5 tsp ginger grated
- 3 tbsp olive oil for sautéing
- 3/4 cup unsweetened coconut milk
- 1/2 cup whole milk Greek Yogurt for serving, optional

Method

Sweet potatoes

1. Preheat oven to 200oC. Line a baking sheet with parchment paper.
2. Add all the ingredients to a bowl and toss until well coated.
3. Transfer to the baking sheet and spread the potatoes out, making sure to scrape the bowl of all the ginger and garlic.
4. Roast for 35-45 minutes or until the potatoes are beginning to brown on the edges and the green onions are charred.

Rainbow chard

1. Just before the potatoes are done, heat the olive oil in a skillet over medium-high heat.
 2. add the Rainbow chard stalks and cook for about 3-4 minutes.
 3. Add the garlic and ginger and cook until fragrant, about 1-2 minutes.
 4. Add the torn chard leaves and sauté, tossing frequently until the leaves are tender and wilted but still green, about 5 minutes.
 5. Pour in the coconut milk, tossing the chard so it is evenly coated.
 6. Remove from the heat.
 7. Pour the Rainbow chard and all its juices in a serving dish. Top with the roasted sweet potatoes, charred onions, and additional thin slices of green onion.
 8. To serve, add a dollop of Greek yogurt and cayenne pepper, optional.
- Salt and pepper to taste.