



Roasted Sweet Potatoes & Fresh Figs



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



391 kcal

SIDE DISH

Ingredients

- ☐ 3 tbsp balsamic vinegar canned (you can use a commercial rather than a premium aged grade)
- ☐ 6 figs ripe quartered ()
- ☐ 5 oz yogurt soft
- ☐ 12 spring onion halved lengthwise cut into 1 1/2-in / 4cm segments
- ☐ 5 tbsp olive oil
- ☐ 1 to 5 chilies red thinly sliced
- ☐ 4 servings pepper black freshly ground
- ☐ 1.5 tbsp caster sugar

- ☐ 4 small sweet potatoes and into ()

Equipment



- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat the oven to 475°F / 240°C.
- ☐ Wash the sweet potatoes, halve them lengthwise, and then cut each half again similarly into 3 long wedges.
- ☐ Mix with 3 tablespoons of the olive oil, 2 teaspoons salt, and some black pepper.
- ☐ Spread the wedges out, skin side down, on a baking sheet and cook for about 25 minutes, until soft but not mushy.
- ☐ Remove from the oven and leave to cool down.
- ☐ To make the balsamic reduction, place the balsamic vinegar and sugar in a small saucepan. Bring to a boil, then decrease the heat and simmer for 2 to 4 minutes, until it thickens. Be sure to remove the pan from the heat when the vinegar is still runnier than honey; it will continue to thicken as it cools. Stir in a drop of water before serving if it does become too thick to drizzle.
- ☐ Arrange the sweet potatoes on a serving platter.
- ☐ Heat the remaining oil in a medium saucepan over medium heat and add the green onions and chile. Fry for 4 to 5 minutes, stirring often to make sure not to burn the chile. Spoon the oil, onions, and chile over the sweet potatoes. Dot the figs among the wedges and then drizzle over the balsamic reduction.
- ☐ Serve at room temperature. Crumble the cheese over the top, if using.
- ☐ Yotam Ottolenghi owns an eponymous group of restaurants with four branches in London, plus a high-end restaurant, Nopi, also in London. His 2011 cookbook, *Plenty*, was a New York Times bestseller. Sami Tamimi is a partner and head chef at Ottolenghi and coauthor of *Ottolenghi: The Cookbook*.

Nutrition Facts



 **PROTEIN 4.77%**  **FAT 43.29%**  **CARBS 51.94%**

Properties

Glycemic Index:87.02, Glycemic Load:25.46, Inflammation Score:-10, Nutrition Score:21.070434701184%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg

Nutrients (% of daily need)

Calories: 390.61kcal (19.53%), Fat: 19.39g (29.83%), Saturated Fat: 3.45g (21.55%), Carbohydrates: 52.36g (17.45%), Net Carbohydrates: 45.15g (16.42%), Sugar: 26.96g (29.95%), Cholesterol: 3.9mg (1.3%), Sodium: 99.92mg (4.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.61%), Vitamin A: 19086.33IU (381.73%), Vitamin K: 92.76µg (88.35%), Vitamin C: 28.01mg (33.96%), Fiber: 7.21g (28.82%), Manganese: 0.55mg (27.25%), Potassium: 835.01mg (23.86%), Vitamin B6: 0.45mg (22.6%), Vitamin E: 3.24mg (21.61%), Copper: 0.31mg (15.71%), Magnesium: 61.61mg (15.4%), Calcium: 144.13mg (14.41%), Vitamin B5: 1.43mg (14.26%), Phosphorus: 131.53mg (13.15%), Vitamin B1: 0.19mg (12.76%), Vitamin B2: 0.21mg (12.07%), Folate: 44.8µg (11.2%), Iron: 1.93mg (10.74%), Vitamin B3: 1.45mg (7.26%), Zinc: 0.79mg (5.26%), Vitamin D: 0.46µg (3.07%), Selenium: 1.73µg (2.47%)