

## INGREDIENTS

### YAMS

- 400g yams (cut in half lengthways)
- 1 tbsp olive oil
- 2 tbsp maple syrup
- 1 ½ -2 tablespoons hazelnut dukkah

### HAZELNUT DUKKHA

- 1/4 cup hazelnuts
- 3 tbsp coriander seeds
- 1 tbsp whole cumin seeds
- 1 tbsp coriander seeds
- 2 tbsp sesame seeds
- ½ tbsp dried thyme
- ¼ cup salted roasted pistachios
- pinch cayenne pepper
- Salt & freshly ground pepper to taste

## INSTRUCTIONS

### YAMS

- 1) Preheat to 200 degrees.
- 2) Drizzle olive oil and maple syrup over the yams, then toss to coat. Reserve some for garnish.
- 3) Sprinkle with salt and pepper.
- 4) Roast for 25mins or until yams are lightly caramelised.



## Yams with Maple & Hazelnut Dukkah



2 servings



30 Minutes

This juicy roast chicken is great served with a zesty corn salad. Flavour packed and ready to impress!

## INSTRUCTIONS

### HAZELNUT DUKKHA

- 1) Toast hazelnuts in pan until browned, stirring often.
- 2) Place Hazelnuts in a dish and set aside.
- 3) Place sesame seeds in the hot pan and toast until golden, stirring often set aside.
- 4) Place cumin, coriander seeds and dried thyme in a hot pan, toast until fragrant and beginning to darken, then set aside.
- 5) Put toasted hazelnuts and pistachios into a spice grinder or a mortar and pestle and grind until coarse.
- 6) Add mix to a medium bowl.
- 7) Add toasted cumin, coriander and thyme to grinder and grind until coarse.
- 8) Stir into the hazelnuts.
- 9) Mix in the sesame seeds and cayenne pepper, season with salt and pepper.
- 10) Dust over candied yams to serve.

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2 servings



30 Minutes

