Roasted Sweet Potato Tahini Bowls

Roasted sweet potato and chickpeas over quick couscous, with lemon tahini sauce and crunchy cucumber.

Prep 15 min **Cook** 25 min **Serves** 2

Ingredients

- ☐ 1 medium sweet potato (about 12 oz / 340 g), cut into 3/4-inch cubes
- ☐ 1 can (15 oz / 425 g) chickpeas, drained, rinsed and patted dry
- ☐ 1 1/2 tbsp olive oil
- ☐ 1/2 tsp ground cumin
- ☐ 1/2 tsp smoked paprika
- ☐ 1/2 tsp fine salt, divided
- ☐ 1/2 cup (85 g) instant couscous
- ☐ 1/2 cup (120 ml) boiling water
- ☐ 1/2 English cucumber, diced
- ☐ 2 tbsp chopped parsley
- ☐ 3 tbsp tahini
- ☐ 2 tbsp lemon juice
- ☐ 2-4 tbsp cool water



Spoon & Joy recipe illustration.

Before you start

Dry the chickpeas
A tea towel removes surface water and helps the chickpeas roast rather than steam.

Timing note
Preparation and cooking times are estimates. Read the full method before starting.

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METHOD & KITCHEN NOTES

1. Heat the oven to 425°F (220°C). Line a large sheet pan with baking paper.

2. Toss the sweet potato and chickpeas with the olive oil, cumin, paprika and 1/4 teaspoon salt. Spread in one layer and roast for 22-25 minutes, turning once, until the potato is tender and browned.

3. Put the couscous in a heatproof bowl with the remaining 1/4 teaspoon salt. Pour over the boiling water, cover and leave for 5 minutes, then fluff with a fork.

4. Whisk the tahini and lemon juice. Add cool water a tablespoon at a time until it pours easily from a spoon.

5. Divide the couscous between bowls. Add the roasted vegetables and chickpeas, cucumber and parsley. Drizzle with the tahini sauce.

Storage & making ahead

Refrigerate cooked components in separate covered containers for up to 3 days. Reheat the potato, chickpeas and couscous thoroughly; add cucumber and sauce after reheating.

Keep cucumber cool Add it after the roasted ingredients leave the oven so its crunch balances the warm bowl.

Read this recipe on Spoon & Joy