

## Baked Sweet Potatoes with Hummus (Servings 4)

### Ingredients:

- 4 sweet potatoes
- 2 tablespoons sea salt flakes
- 1-2 cups baby kale leaves
- ½ teaspoon dried chili flakes
- 1 tablespoon + 1 tsp. extra-virgin olive oil
- Sea salt and cracked black pepper
- 1 sweet onion, chopped
- 1 cup (260g) store-bought hummus (no preservatives)

### Directions:

1. Preheat oven to 200°C.
2. Place the sweet potatoes on a baking sheet, pierce with a fork and rub with salt. Bake for 60-70 minutes, or until cooked.
3. While the sweet potatoes are cooking, place the kale, chili, oil salt and pepper on a baking sheet with parchment paper and toss to combine. Cook for 8–10 minutes or until golden. Set aside.
4. Heat a sauté pan to medium-high heat. Add 1 tsp. of olive oil and add chopped onions. Sauté until golden brown. (about 15-18 minutes)
5. Cut the sweet potatoes in half, and top with the hummus, caramelized onion and crispy kale to serve.

