

Recipe: Dukkah-Spiced Sweet Potato Smash on Sourdough

Ingredients:

 30 minutes

- 1 large sweet potato
- 1 tbsp olive oil
- Juice of ½ lemon
- Sea salt & pepper
- 2 slices of sourdough, toasted
- 2 tbsp Dukkah
- Microgreens or sprouts for topping
- Vegan yogurt drizzle or pomegranate seeds



The Flavour Fix - Dukkah

The key spices in Dukkah—coriander, cumin, and black pepper—are potent sources of antioxidants, which help protect cells from oxidative stress; phytonutrients with anti-inflammatory and digestive benefits; and minerals like magnesium, iron, and calcium, particularly from sesame seeds.



Instructions:

1. Roast the sweet potato until tender, then mash with olive oil, lemon juice, sea salt, and pepper.
2. Spread generously onto toasted sourdough slices.
3. Sprinkle Dukkah over the top, add microgreens or sprouts.
4. Optionally, drizzle with a tangy sauce like vegan yogurt or sprinkle with some pomegranate seeds,