

Cinnamon Roasted Sweet Potato & Brussels Sprouts



Roasted Brussels sprouts and sweet potato is a perfect side dish with lots of colours and flavours, rich in fibre. But for that extra something special, add a little cinnamon, not only for the added flavour but as a source of antioxidants.

Ingredients

3 cups Brussels sprouts (ends trimmed, yellow outer leaves removed)

3 tbsp olive oil

1/4 tsp sea salt

4 cups sweet potato, cubed into 1-inch cubes

3 tbsp maple syrup

1/2 tsp cinnamon

2 cups pecan halves

1 cup dried cranberries

Method:

1. Preheat oven to 200C. Lightly grease 1 large lined baking tray with 1 tablespoon of olive oil.
2. Slice Brussels sprouts in half and place in a bowl with 2 tablespoons of olive oil and salt and toss to combine. Place on the baking tray, cut side down.
3. In a medium bowl, combine cubed sweet potato, 1 tablespoon of olive oil, maple syrup, and cinnamon, and toss to mix. Add to baking tray in a single layer.
4. Place Brussels sprouts and sweet potato in the oven and bake for 20-25 minutes, turning everything once halfway through.
5. Remove from the oven and combine in a large bowl.
6. Turn the oven down to 180C. Place the pecans on a lined baking tray and bake for about 5 minutes or until they get darker in color.
7. Remove from the oven and add to the bowl with the sweet potato and Brussels sprouts. Add the cranberries and toss to combine before serving.