Roasted Sweet Potatoes with Cabbage and Peanut Crumble

4 whole baked sweet potatoes, each with one-quarter of the slaw, yogurt and peanut crumble · Active 25 min · Total 1 hr 20 min

Skills: Roasting whole vegetables and toasting a dry topping

Ingredients

- 4 medium-large sweet potatoes, scrubbed (about 300 g each; 1.2 kg total)
- 3 tablespoons neutral oil (45 ml), divided: 1 tablespoon/15 ml each for potatoes, crumble and slaw
- 1 teaspoon fine salt (6 g), divided: 1/4 teaspoon/1.5 g for potatoes, 1/4 teaspoon/1.5 g for crumble and 1/2 teaspoon/3 g for slaw
- 1/2 teaspoon ground black pepper (1 g), divided equally between crumble and slaw
- 1/2 cup plain unsalted peanuts, roughly chopped (80 g)
- 2/3 cup rolled oats (60 g)
- 4 cups very finely shredded green cabbage (400 g)
- 2 tablespoons lemon juice (30 ml)
- 2 teaspoons sugar (8 g)
- 1 cup plain yogurt (240 g)

Set out

baking tray and baking paper, fork, knife and board, small skillet, mixing bowl, plate for cooling crumble, oven mitts

Allergens

peanut, milk, oats. Check labels and substitutions.

Make it

1. Heat the oven to 400°F/200°C and line the tray. Prick the sweet potatoes several times with a fork. Rub with 15 ml oil and 1.5 g salt, place apart on the tray and roast for 55–65 minutes, until a knife passes easily through the thick centers. Larger potatoes may need longer.

2. Meanwhile, heat 15 ml oil in the small skillet over medium-low heat. Add chopped peanuts, oats, 1.5 g salt and half the pepper. Stir for 6–8 minutes until lightly toasted. Spread on a plate to cool; do not leave the topping in the hot skillet.

3. Mix cabbage with the remaining 15 ml oil, lemon juice, sugar, 3 g salt and remaining pepper. Toss well and let stand for 10 minutes, then refrigerate until serving. Keep yogurt cold.

4. Split each cooked potato lengthwise and loosen the orange center with a fork without breaking the skin underneath. Give each potato one-quarter of the slaw, 60 g yogurt and one-quarter of the peanut-oat crumble. Serve promptly so the crumble stays crisp.

No specialty topping required

Ordinary rolled oats and plain peanuts provide the crumbly topping. The recipe does not depend on flavored nuts, granola or a ready-made dressing.

Ingredient labels

Use plain peanuts without an unlisted coating. Oats may carry wheat or gluten cross-contact; use appropriately labeled oats if needed. Yogurt supplies milk.

A useful detail

The roasting range assumes four roughly 300 g potatoes. Start checking smaller potatoes sooner and remove them individually when completely tender.

Keep it well

Refrigerate cooked potatoes and slaw in separate shallow containers within 2 hours, or 1 hour above 90°F/32°C. Keep at 40°F/4°C or below for up to 3 days; keep yogurt refrigerated according to its label. Cool the dry crumble fully and refrigerate separately in a closed container. Reheat only the potato to 165°F/74°C throughout, then add the cold toppings and crumble.