Sweet potato bowl

INGREDIENTS

* 450 g / 1 lb sweet potato\*, cubed
* 30 ml / 2 tbsp olive oil, divided (optional)
* 1½ tsp cumin
* 1½ tsp smoked paprika
* salt and pepper
* 185 g / 1 cup quinoa (or brown rice)
* 2 small corn ears
* 120 ml / ½ cup apple cider vinegar
* ½ red onion, finely diced
* 90 g / ¾ cup shelled [pumpkin seeds / pepitas](https://amzn.lazycatkitchen.com/pumpkin-seeds)
* ½ tsp garlic powder
* small fennel, shredded very thinly
* 1 red pepper, cubed small
* small cucumber, cut into half and sliced thinly
* 12 radishes, cut into matchsticks
* 1 ripe avocado, cubed
* 1 lime
* favourite hot sauce

METHOD

1. Heat up the oven to 200° C / 390° F.
2. Coat the sweet potato in 4 tsp of oil and sprinkle with approx. 1 tsp cumin, 1 tsp smoked paprika and some salt. Bake for about 25-30 minutes, turning the pieces half way through the baking time.
3. Rinse the quinoa well and place it in a medium size pot with 1½ cups of water and some salt. Cover the pot with a glass lid and place on a low heat. Allow the water to come to the boil and keep the heat on until all of the water qets absorbed by the quinoa – tilt the pot (without taking the lid off) to see if all the water has been absorbed. Once all the water has been absorbed, switch the heat off and let the quinoa rest covered while you prepare the rest of the ingredients.
4. Place corn – you may want to brush it with a tsp of oil first, but that’s not necessary – on a hot griddle pan. Allow it to char slowly, turning a little every 5 minutes or so.
5. Place apple cider vinegar and ½ cup (120 ml) of water in a small pot, bring to a gentle boil. Transfer to a large jar and place diced onion in the marinade – allow the onion to quick pickle for 15 minutes.
6. Finally, heat up a small pan on a low-medium heat. Add 1-2 tsp of olive oil (you can skip it if you wish, but I find that oil helps to get the spices to adhere to the seeds). Add the pumpkin seeds to the pan, coat them in the oil and allow them to toast gently until golden, stirring the entire time. Switch the heat off and season them with salt, cumin, smoked paprika and garlic powder. Stir the spices into the seeds well and transfer them out of the pan.
7. Divide sweet potato, quinoa and all the fresh salad ingredients between four bowls – if batch prepping, don’t prep salad ingredients in advance.
8. Sprinkle with quick pickled onions and spiced pepitas. Dress with lime juice and a generous amount of Chipotle hot sauce.