

ROASTED SWEET POTATO WITH CORN AND SUNFLOWER SEEDS
(adapted from Start Simple)

3 medium sweet potatoes
olive oil and salt to season potatoes
1/2 cup yogurt
1 tablespoon lemon juice
1 tsp harissa paste
Urfa pepper (or another ground chile pepper you like)
salt to taste
2 tablespoons grape seed oil
kernels of 1 ear of corn (raw or cooked)
1/4 cup sunflowers seeds, raw
drizzle of toasted sesame oil

Turn the oven to 300F. Rub the sweet potatoes with a little olive oil, season with salt. Roast for 60 to 75 minutes, until soft (it depends on the size of the potatoes). Let the potatoes cool to room temperature, the flesh will sink and the skin will peel off super easily. Cube the flesh in the size you like. Reserve.

Mix the yogurt with lemon juice and harissa, season lightly with salt. Place in the dish you will use to serve the potatoes. Add the cubed potatoes on top. Just before your meal, add grape seed oil to a non-stick skillet, when it gets nice and hot add the corn kernels, season with Urfa pepper and salt. Sautee until fragrant, add the sunflower seeds and cook until they start to get golden. Immediately add the hot mixture over the sweet potatoes, and take to the table.