

Honey Mustard Spuds w Brussels

Prep 5 mins | Bake 15 mins | Serves 4

GF NF* SF* OF*

Crunchy roast baby potatoes, protein-rich chickpeas, caramelised Brussels sprouts, and juicy cherry toms, all topped with a silky dressing. Live to 100 with this flavour-jamming recipe, just like they do in Loma Linda California.



- 500 g baby potatoes
- 6 garlic cloves, peeled
- 5 tbsp fresh parsley, chopped (or any other preferred herbs)
- 2 tbsp extra virgin olive oil (or less if desired)
- 1 c chickpeas, drained, rinsed & dried well with a paper towel
- 300 g Brussels sprouts
- 250 g cherry tomatoes
- 2 tbsp slivered almonds, toasted

Honey Mustard Dressing

- 2 tbsp extra virgin olive oil
- 1 ½ tbsp white wine vinegar
- 1 ½ tbsp Dijon mustard
- 2 tsp honey
- salt and pepper, to taste

- 01** Preheat oven to 220°C bake (or 200°C fan bake). Cut any large baby potatoes in half so they're around 3cm x 3cm, keep small ones whole.
- 02** In a bowl, toss potatoes with whole garlic cloves, 4 tablespoons of the chopped parsley, and 1 tablespoon of olive oil. Season with salt and pepper, and roast in oven for 15 mins.
- 03** Toss chickpeas with the remaining olive oil and season with salt and pepper. Sprinkle over the potatoes and roast for another 10 mins.
- 04** Slice ends off the Brussels and cut in half. Blanch in a pot of boiling water for 2 mins then drain. Add to a pan on medium-high heat in a single layer, season with salt and pepper, and sauté for a few mins until golden and caramelised. Try not to stir for the first few mins to give them time to get crispy and golden. Add the tomatoes and stir through for 1 min until warm and starting to soften.
- 05** Whisk dressing ingredients together in a small bowl with a fork, or shake in a small jar, to form a thick emulsified dressing.
- 06** Gently stir the Brussels and toms through the roasted spuds and chickpeas (while still on the roasting tray), and drizzle with dressing. Serve warm in bowls topped with toasted almonds and garnished with the remaining fresh parsley, with a crunchy green salad on the side.

* See the Notes section inside Cooking School for dietary substitutions, tips, and more.