

Roast sweet potato polenta with beetroot and hazelnuts

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Brunch just got a whole lot better with this warming roast sweet potato recipe by Sophie Hansen.

This is a gorgeous, nourishing and filling dish that works well for brunch or any other meal. Swap the

beetroots with roasted carrots and or/parsnips or radishes if it suits.

Ingredients (Serves 4 to 6)

- 2 medium-sized sweet potatoes
- 2 beetroot
- 2 tbsp olive oil
- 3 tbsp [apple cider vinegar](#)
- 6 cups water
- 1 ½ cups polenta
- 75 g butter, cubed
- 1 cup parmesan cheese, grated
- ½ cup roasted hazelnuts, roughly chopped
- Parsley, to garnish
- Extra virgin olive oil, to drizzle

Method

Preheat oven to 180°C and place the sweet potatoes, unpeeled, in the oven to roast for 45 minutes or until cooked through. Rub the beetroot in the olive oil and wrap in foil, place in the oven as well, to roast at the same time as the sweet potato.

Remove the vegetables from the oven and let the sweet potato cool a little before slicing in half and scooping out the gorgeous, sweet flesh. You will need 2 cups.

Slice the beetroot into cubes, place on a baking tray and drizzle with apple cider vinegar. Increase oven heat to 200°C and roast for 20 minutes while you make the polenta.

Bring water to the boil, salt generously and whisk in the polenta in a thin steady stream. Cook over a low heat, stirring almost continuously for 30 minutes or until the polenta is thick and smooth.

Turn off the heat, stir through the sweet potato, butter and cheese (reserving a little for garnishing) and season to taste. Divide among deep, warm serving bowls, top with the roasted beetroot, hazelnuts, parsley and the reserved parmesan. Drizzle with extra virgin olive oil and serve.

Grab the August 2016 edition of [nourish](#) for more delicious brunch ideas by [Sophie Hansen](#).

For another yummy brunch idea, why not try [fig, goats cheese ricotta sandwich](#)?

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