

## Hot Dressed Sweet Potato and Fennel Parcels

### Ingredients

- 1 sweet potato, peeled and cut into wedges\*
- ½ small fennel bulb, sliced
- 1 tablespoon of orange juice, plus a grating of zest
- 1 tablespoon olive oil
- 2 teaspoons red wine vinegar
- 1 teaspoon runny honey
- 1 tablespoon chopped flat-leaf parsley
- \* may need to count as exchanges

### Method

1. Make a rough 30cm square double layer of foil.
2. Tip the sweet potato wedges and fennel into the middle and toss to mix together 1 teaspoon of orange juice and 1 teaspoon of oil.
3. Bring the foil up around the vegetables to make a bowl shape, then scrunch the top to seal.
4. Put the foil parcels on the rack over the hottest part of the barbecue and cook for 35-45 minutes until the potatoes are soft. (Unwrap and test with the point of a knife to check if they're ready.)
5. Meanwhile, whisk together 2 teaspoons of orange juice and 2 teaspoons of oil with the vinegar, honey, parsley, and zest. Season with salt and pepper
6. When the potato is cooked, carefully open the top of the parcel and pour in the dressing. The heat of the barbecue will bring out the flavours of the dressing.
7. Gently mix in the parcel and serve.