

Roasted Sweet Potato, Zucchini, and Leek Stir-Fry

A flavorful and colorful stir-fry dish featuring sweet potato, zucchini, and leek sautéed to perfection.


20 min

Total time

Easy

Difficulty

250

kcal / serving

Nutrition per serving (estimated)

Protein 4 g

Carbs 34 g

Fat 12 g

Fiber 6 g · Sugar 9 g · Sodium 250 mg

Ingredients

- 1 sweet potato
- 1 zucchini
- 1 leek
- 2 tbsp olive oil
- Salt and pepper to taste

Substitutions

Zucchini – Yellow summer squash in the same amount

Leek – A similar amount of thinly sliced mild yellow onion

Olive oil – The same amount of avocado oil

Steps

- 1 Peel and dice the sweet potato.
- 2 Slice the zucchini and leek.
- 3 Heat olive oil in a pan over medium heat.
- 4 Add the sweet potato and sauté for 5 minutes.
- 5 Add the zucchini and leek, season with salt and pepper.
- 6 Stir-fry for another 5–7 minutes until vegetables are tender.
- 7 Serve hot and enjoy!

Chef's tips

- Keep the sweet potato pieces small and similar in size so they soften within the short cooking time.
- A wide skillet gives the vegetables room to brown; crowding can make them steam and turn soft.
- The dish is ready when the sweet potato is easily pierced and the zucchini is tender but still holds its shape.

Drink pairing

A dry rosé

Its crisp, light fruit complements the sweet potato while balancing the olive-oil richness.

0% option: Sparkling water with a squeeze of lemon

Storage

Refrigerate leftovers within 2 hours in a covered container and use within 3–4 days. Reheat until steaming hot; the zucchini may soften further.

Frequently asked questions

How can I tell when the sweet potato is cooked through?

It should be easy to pierce with a fork, with no firm or crunchy center.

Can I make this ahead?

For the best texture, serve it freshly cooked. You can dice the sweet potato and slice the other vegetables shortly ahead, then refrigerate them separately until cooking.

What can I serve with this stir-fry?

Serve it as a vegetable side with rice, or alongside a simple protein such as beans or eggs for a more filling meal.