

Roasted Sweet Potato Salad

Serves: 32 tastings



From the garden: Sweet potato, lettuce, spinach, mizuna & tatsoi

Equipment:

- Small bowls x 2
- Large bowl x 1
- Wooden spoon x 2
- Whisk x 1
- Chopping boards and knives
- Measuring cups
- Measuring spoons
- Baking tray x 1
- Baking paper

Ingredients:

- 1 sweet potato (cut into 1cm cubes)
- 1 tablespoons olive oil
- ½ teaspoon salt
- 10 grinds of pepper

- 1 head of lettuce (cut into bite size)
- 1 cup spinach leaves (cut into bite size)
- 1 cup mizuna (cut into bite size)
- 1 cup tatsoi (cut into bite size)

Dressing

- 4 tablespoons olive oil
- 3 tablespoons white wine vinegar
- 1 teaspoon Dijon mustard
- 1 tablespoon sugar
- ¼ teaspoon salt
- 10 grinds of pepper

Method:

1. Heat oven to 180C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Combine sweet potatoes, oil, salt and pepper in a small bowl.
4. Pour into a lined baking tray and bake in the oven for 20 mins or until cooked through.
5. Mix all the ingredients for dressing together in a small bowl.
6. Wash all the salad leaves, cut into bite size and put them in a large bowl.
7. Add roasted sweet potatoes and dressing. Toss well.
8. Serve into 5 large serving bowls with a serving spoon in each.