

## Sweet Potato and Apple Salad

**Season:** Winter

**Type:** Salad

**Serves:** 36 tastings

**From the garden:** Cos lettuce, spinach, rocket, sweet potato & mint



| <b>Equipment:</b>   | <b>Ingredients:</b>   |
|---|---|
| <p>Small bowl x 1<br/>Large bowl x 1<br/>Wooden spoon x 1<br/>Whisk x 1<br/>Salad Spinner<br/>Apple corer x 1<br/>Juicer x 1<br/>Chopping boards and knives<br/>Measuring cups<br/>Measuring spoons<br/>Baking paper<br/>Baking tray x 1<br/>Serving bowl x 5<br/>Serving spoon x 5</p> | <p><i>Salad:</i><br/>2 sweet potatoes (skin-on, cubed – 1cm)</p> <p>1 cos lettuce (cut into bite size)<br/>1 cup spinach (cut into bite size)<br/>½ cup rocket (cut into bite size)<br/>2 red apples (skin-on, cored, cubed – 1cm)<br/>1 tablespoon mint (finely chopped)</p> <p><i>Dressing:</i><br/>3 tablespoons olive oil<br/>Juice of ½ lemon<br/>½ teaspoon cumin<br/>½ teaspoon amchur powder<br/>¼ teaspoon ground ginger<br/>¼ teaspoon salt</p> |

### What to do:

1. Heat oven to 180C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Put sweet potatoes in a lined baking tray and bake in the oven for 20 minutes or until cooked. Set aside to cool.
4. Mix all the ingredients for dressing together in a small bowl.
5. Put all the ingredients for salad in a large bowl.
6. Add dressing and toss well.
7. Serve into 5 large serving bowls with a serving spoon in each.