

# Sweet Potato and Mint Salad

Serves: 32 tastings



**From the garden:** Sweet potato & mint

## Equipment:

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

## Ingredients:

- 1 sweet potato (skin-on, cut into 1cm cubes)
- 1 tablespoon olive oil
- Some salt & pepper
  
- ½ head lettuce (cut into bite size)
- 2 red apples (cored, skin-on, cut into 1 cm cubes)
- ¾ cup sultana
  
- Dressing:**
- Juice of 1 lemon
- 1/8 teaspoon cumin
- 1 tablespoon mint leaves (finely chopped)
- ½ tablespoon coriander leaves (finely chopped)
- 1 tablespoon sugar
- ¼ teaspoon salt

## Method:

1. Heat oven to 180C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. In a small bowl, put sweet potato, oil, salt and pepper, stir until evenly coated.
4. Pour into a lined baking tray and bake in the oven for 20 minutes or until cooked.
5. Mix all the ingredients for dressing together in a small bowl.
6. Put roasted sweet potato, lettuce, apple and sultana in a medium bowl, pour over dressing. Toss well.
7. Serve into 5 large serving bowls with a serving spoon in each.