

Roast Sweet Potato & Rocket Salad with Honey Mustard Vinaigrette



This nourishing, earthy salad is simple but delicious... with only a few ingredients.

Serves 4

Preparation time 10 minutes

Cooking time 25 minutes

Ingredients - Salad

- 1 medium sized orange sweet potato
- A large bunch of rocket or enough for 4 (70g approx.)
- 1 tspn cinnamon powder
- 1 tspn paprika powder (sweet)
- 1/2 tspn sea salt
- 1/4 tson fresh ground pepper
- 2 dspon 2nd pressed olive oil

Method - Salad

1. Preheat oven to 180 degrees.
2. Wash sweet potato and cut into slightly larger than bite-size wedges.
3. Place sweet potato wedges in a baking tray and add cinnamon, paprika, salt, pepper and olive oil.
4. Using your hands, toss the wedges a few times to lightly coat them in the oil and spices then place in the oven and bake for approximately 25 minutes or until wedges are soft.
5. Remove from oven, and place wedges into a salad bowl. Let them cool for 10 minutes then add the rocket leaves and toss to mix the sweet potato through evenly.
6. Dress the salad with the honey mustard vinaigrette just before serving, or serve the dressing in a bowl on the side.

Ingredients - Dressing

- 2 dspn seeded mustard
- 1 dspn honey
- 2 dspn apple cidar vinegar
- Pinch sea salt
- 2 dspn macadameia nut oil or other cold pressed oil

Method - Dressing

Mix all the ingredients together well in a bowl or shake in a jar with a lid.