



SALADS

SWEET POTATO + WHAT YOU HAVE SALAD

INGREDIENTS

- 1 large sweet potato
 - olive oil
 - 1tsp curry powder
 - 1tsp cayenne pepper
 - salt & pepper to taste
- SALAD VEGGIES - whatever fresh you find in your fridge - lettuce, spinach or kale, cherry tomatoes, cucumber, shredded carrot, sprouts of your choice, cooked chickpeas, cooked quinoa, beetroot pickles..

PREPARATION

1. Preheat the oven to 200°C. Peel the sweet potato and cut in bite size chunks. Add curry powder, cayenne pepper, salt and pepper and drizzle with olive oil. Massage the oil into the potatoes, just make sure all of them are nicely covered with the spices. Spread on a baking paper and bake for about 15min or until the edges are nice and crispy.
2. In the meantime, cut all the fresh veg and combine in a big salad bowl with universal salad dressing.
3. When the potatoes are done, just add them in the salad and enjoy.