

Roasted Sweet Potato and Quinoa Salad

Season: Autumn

Fresh from the garden: sweet potato, herbs, seasonal greens, radishes.

Equipment: Chopping boards Knives Peelers Large mixing bowl Large baking dish Medium saucepan Small saucepan Measuring spoons and cups Small baking tray Salad spinner Large mixing bowl Large spoon Serving bowls and spoons	Ingredients: 1.2 kg sweet potato, mixture of white and orange 2 tablespoons olive oil Salt and pepper 1 cup quinoa 1 1/2 cups water <u>Honey Roasted seeds</u> 2 tablespoons honey 2 teaspoons coconut oil Good grind of sea salt 1 cup pepitas ½ cup sunflowers 1 tablespoon white sesame seeds 1 tablespoon black sesame seeds <u>Salad leaves and dressing:</u> A few handfuls of seasonal greens 1/4 cup fresh herbs 3 radishes
---	---

What to do:

For roasting sweet potato:

1. Preheat oven to 180°C, eco fan setting.
2. Peel and chop sweet potatoes into small chunks, about 2.5cm cubes. Toss with olive oil, salt and pepper. Place into baking dish and roast for 15-20 minutes, until golden.

To cook quinoa:

1. Cook the quinoa using the absorption method: Wash quinoa, then bring 1 cup of quinoa and 1½ cups water to boil in the medium saucepan.
2. Cover with a lid, reduce heat and simmer until all the liquid has been absorbed (about 10-15 minutes).
3. Pour the cooked quinoa onto a baking tray and allow it to cool slightly.

To make honey roasted seeds:

1. Preheat oven to 160°C, eco fan setting.
2. Measure honey, coconut oil and salt into the saucepan and melt over a low heat. Turn off heat and add seeds and stir with silicon spatula.
3. Carefully pour onto baking tray and place in the oven for 12 minutes, stirring every 4 minutes to ensure even browning. Remember to set the timer. Set aside to cool.

Salad and dressing:

1. Wash leaves and herbs and dry in the salad spinner. Roughly chop.
2. Slice radishes as thinly as possible.
3. Add dressing ingredients to a small jar. Shake until well combined.
4. Add sweet potato, quinoa, herbs, salad greens, radish and half the honey roasted seeds to a large bowl. Pour over half the dressing. Toss gently to combine. Taste and add extra dressing if needed.
5. Divide between serving bowl and top with the remaining honey roasted seeds.