

WARM SWEET POTATO SALAD

EQUIPMENT

CHEF KNIFE, PEELER, WHISK, SMALL POT,
SMALL MIXING BOWL, LARGE MIXING BOWL

INGREDIENTS

1 SWEET POTATO, ½ SPANISH ONION, ¼ BUNCH CORIANDER, 8 LARGE MINT LEAVES, 5GM CUMIN SEEDS, 20GM ALMONDS, 10GM SEEDED MUSTARD, 20GM VERJUICE, 100GM VEGETABLE OIL, SALT AND PEPPER

METHOD

PEEL THE SWEET POTATO AND CUT IT IN HALF LENGTHWAYS. CUT 1CM PIECES OF SWEET POTATO AND PLACE ON A PERFORATED STEAM TRAY

SEASON THE POTATOES AND PLACE IN A PRE-HEATED OVEN STEAM SETTING 100 DEGREES FOR 15 MINS

REMOVE THE HEART OF THE ONION SLICE THINLY AND ADD TO THE MIXING BOWL ALONG WITH CORIANDER AND TORN MINT LEAVES

IN A SMALL POT ADD CHOPPED ALMONDS AND DRY TOAST OVER LOW HEAT UNTIL JUST BEGINNING TO COLOUR, ADD THE CUMIN SEEDS AND A SPLASH OF OIL AND CONTINUE TO TOAST UNTIL FRAGRANT. REMOVE FROM THE HEAT AND SET ASIDE

ADD MUSTARD AND VERJUICE TO A MIXING BOWL AND WHISK; SLOWLY ADD OIL IN A STEADY STREAM UNTIL THICK. SET ASIDE

WHEN THE SWEET POTATOES ARE COOKED ADD TO THE HERBS AND ONIONS, SPOON OVER THE NUTS AND DRESSING

PLATE UP THE SALAD AND SPOON OVER SOME EXTRA DRESSING

HINTS & TIPS

- THIS IS GREAT FOR A MIDDLE OF THE TABLE DINNER WITH A SLOW BRAISE LIKE LAMB TAGINE
- USE AS A SMALL ENTRÉE FOR YOUR VEGAN OR VEGETARIAN GUESTS
- TO ADD AN EXTRA FLAVOUR PROFILE ADD SOME SALTY FETTA FOR A CREAMY TEXTURE, TRY PERSIAN FETTA