

Roasted Sweet Potato, Avocado & Feta Salad



Serves 2

Prep 10 mins

Cooking 20 mins

Easy

Ingredients

1 sweet potato, diced
1/2 red onion, cut into thin wedges
1 tbsp olive oil
125g baby spinach or Gem leaves
1/2 -1 avocado
30g feta cheese
handful of chopped or flaked almonds

Honey lemon vinaigrette

2 tbsp olive oil
1/2 lemon, juiced
1 tsp honey or maple syrup
salt & pepper to taste

1. Heat the oven to 200C/180C Fan/ Gas 6.
2. Place the sweet potato and red onion on a baking tray lined with baking paper and cover with the olive oil. Mix with your hands to ensure all pieces are coated.
3. Place the tray in the oven and bake for 20 - 30 mins, until the sweet potato is cooked through, turning once half way.
4. Place the honey lemon vinaigrette ingredients in a small jar, mix with a spoon (it loosens the honey), then cover and shake until combined.
5. To assemble, place all the ingredients into a bowl and drizzle some of the dressing on top, then toss gently.

Notes:

Greens: you can use your favourite lettuce instead of spinach

Nuts: if you don't have almonds on hand or don't like them, try pine nuts, walnuts or pecans instead.

Dressing: instead of honey, you can substitute maple syrup or omit altogether