



Baby Spinach, Grilled Sweet Potato & Pine Nut Salad

Ingredients:

For the Salad:

- 3 medium sweet potatoes, peeled
- 100g baby spinach
- 60ml olive oil
- 15g pine nuts (or any nut of choice)
- A handful of watercress
- Pinch of salt and pepper

For the Dressing:

- 60ml honey
- 1 lemon, zested and juiced
- 15ml olive oil



Method:

1. Preheat oven to 200°C.
2. Toast pine nuts on a tray until golden.
3. Peel and cut sweet potatoes into wedges. Season with oil, salt, and pepper, then roast until soft. Allow to cool.
4. Whisk all dressing ingredients (honey, lemon zest/juice, olive oil, salt, pepper) until combined.
5. Assemble spinach and watercress with cooled potatoes and pine nuts. Drizzle with dressing and gently toss.

Yield: ± 4 servings

Prep time: ± 10 minutes

Cook time: ± 25 minutes