

# SWEET POTATO AND GOATS CHEESE SALAD

Serves 4

## INGREDIENTS

- red onion x 2, peel and quarter
- sweet potato x 2, chop into half moon shapes
- soft goats cheese x 200g, slice into small wheels (approximately 2cm thick)
- pine nuts x 50g
- sunflower seeds x 50g
- pumpkin seeds x 50g
- chopped dates x 100g
- baby leaf salad x 300g, wash
- black nigella seeds
- balsamic glaze
- olive oil
- sea salt
- black pepper

## METHOD

- pre-heat the oven at 200°C
- prepare all the ingredients (see above)
- place the pine nuts, sunflower seeds and pumpkin seeds on a baking tray
- cook for 5 minutes in the oven, until the seeds are slightly darkened, set aside
- put the sweet potato and red onion into a roasting tin
- drizzle with olive oil and season with sea salt and black pepper
- cook for 20-25 minutes in the oven, set aside
- put the dates and the seed mix into a large bowl and stir well
- put each goats cheese wheel into the bowl and cover with the fruit/seed mix, set aside
- put the salad leaves into a large salad bowl
- drizzle with olive oil
- put the sweet potato and red onion on top
- put the goats cheese wheels on top
- drizzle with balsamic glaze
- sprinkle with black nigella seeds

