

Sweet Potato and Feta Salad

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Try this tasty salad as an alternative to a simple green side salad.

Ingredients:

750g sweet potatoes
200g baby spinach
100g pine nuts
200g feta cheese
1 red onion
Olive oil
2 tbsp. balsamic vinegar
2 tbsp. clear runny honey
1 tsp. grainy mustard
Salt and pepper

Directions:

1. Peel the sweet potatoes and cut them into slices. Slice the onion into thin half-moons and crumble the feta cheese.
2. Place the sweet potato slices into boiling water and simmer them for five minutes. Once simmered, drain them and then drizzle them with a little olive oil and salt or pepper. Cook them on a griddle pan or under the grill for five minutes or so, turning once, until chargrilled and tender. Set them to one side.
3. Whisk together the balsamic, honey and mustard with a dash of olive oil.
4. Mix together the spinach, pine nuts and red onion slices.
5. Tumble the sweet potato and the feta over the salad and drizzle with the dressing.

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