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MAINS

# Warm Sweet Potato & Tenderstem Salad With Sage Salsa Verde



A simple, seasonal dish packed with cumin-roasted sweet potatoes, crispy lentils, tenderstem broccoli and a sage salsa verde, with a little chili to finish. Enjoy as a light supper or as part of a big spread with crusty sourdough, creamy hummus and a peppery side salad.

2 October 2023

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TOTAL TIME: 45 minutes  
Ingredients: SERVES: 2

## Method:

- ☐ 3 medium sweet potato (about 500g / 1 lb) cut lengthways into 2cm / ¾" wedges
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon cumin seeds
- ☐ 1 x 400g tin lentils drained

- 1 Preheat the oven to 180°C fan / 400°F. Toss together the sweet potato, olive oil, cumin seeds, a pinch of salt and some black pepper. Spread out on a large roasting tray and cook for 25 minutes, stirring once, until tender and golden.
- 2 Remove the tray from the oven and mix in the lentils and tenderstem broccoli. Return to the oven and cook for 15

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☐ 1 pack tenderstem broccoli  
(about 250g / 9 oz)

pinch of sea salt & black pepper

FOR THE SAGE SALSA VERDE

☐ 1 shallot  
finely diced

☐ small handful of sage leaves  
(about 5g / 0.25 oz) thinly sliced

☐ large handful of parsley  
(about 15g / 0.5 oz) roughly chopped (+  
extra to garnish)

☐ 1 tablespoon red wine vinegar

☐ 3 tablespoons olive oil

☐ pinch of dried red chilli flakes  
(optional)

pinch of sea salt & black pepper

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For the salsa verde, mix together all of the ingredients and season to taste.

4

Once the vegetables are cooked, remove the tray from the oven and transfer to a large serving dish or platter. Toss the dressing through the salad, scatter over some parsley and serve.

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45 mins ★5.0



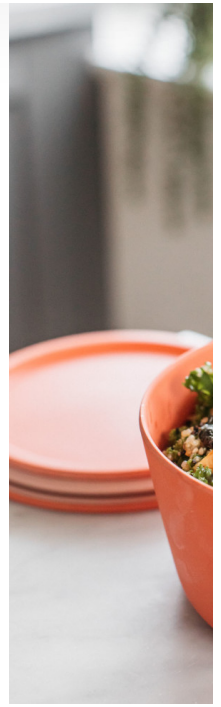
Crispy Lentil, Kale &  
Cashew Salad



35 mins



Nutty Sweet Potato &  
Quinoa Salad



10 mins

Kale, Quinoa &  
Sweet Potato Salad  
Lemon Dressing

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