

# ROASTED SWEET POTATO (KUMARA) SALAD

WITH GARLIC & TAHINI DRESSING, FLUFFY QUINOA,  
BROWN LENTILS, & TOASTED ALMONDS

5



YUM JAR

ALL TASTE  
ZERO WASTE

## METHOD

1. Preheat the oven to 180° Celsius and lightly grease an oven tray.
2. Wash the vegetables well and pat dry. Chop the Kumara and Carrot into even chunks about 1-2 cm in size. Slice the Red Capsicum through the stalk and remove the stalk and seeds. Slice into chunks around 2 cm in size. Spread these three vegetables out on the oven tray, drizzle with oil, and sprinkle with salt and pepper to your taste. Roast in the oven for 15-20 minutes until golden and well cooked.
3. Meanwhile, rinse and drain the Quinoa. Add to a small pot with 2x as much cold water and a pinch of salt. Bring to a simmer with a lid on. Then, reduce the heat to low and continue simmering for 10-15 minutes, until the water has all absorbed and the quinoa is fully cooked. Turn off the heat and leave the lid on for 5 more minutes, then fluff with a fork before adding to a large salad bowl.
4. Optionally, heat up the Cooked Brown Lentils in a pot, or just add them straight to the cooked quinoa.
4. When they are done, add the roasted vegetables to the bowl of quinoa and lentils, and stir well to combine.
5. Chop the celery stalk thinly across the grain, or dice into small 1 cm cubes. Add these to the salad bowl with the other ingredients. Drizzle the Garlic & Tahini Dressing into the salad bowl and mix well with salad tongs. Taste and season with salt and pepper as desired.
6. Serve the salad in dinner bowls topped with Toasted Almonds and a handful of freshly cut and rinsed micro herbs.

## INGREDIENTS

Per 1 serve: you will use 2x or 4x this amount

3/8 Cup Quinoa  
1/2 Kumara (AKA Sweet Potato)  
1/4 Red Capsicum  
1/4 Carrot  
1/2 Celery Stalk  
1/4 Cup Cooked Brown Lentils  
1/4 Cup Garlic & Tahini Dressing  
1 Tbsp Toasted Almonds

## EXTRAS

(not supplied)

Salt, pepper, olive oil.

## JAR INGREDIENTS

Cooked Brown Lentils: olive oil, mixed spices, salt, brown lentils, house-made vegetable stock, lemon juice.

Garlic & Tahini Dressing: garlic, dijon mustard, maple syrup, mixed spices, salt, tahini, lemon juice, extra virgin olive oil.

## ALLERGENS

Sesame, tree nuts.