



The Gathered Green
ABN: 60 149 134 643
P: 0409 841 048
jane@thegatheredgreen.com.au

BAKED SWEET POTATO WITH SHALLOT CREAM AND CUCUMBER SALAD

Thank you to onegreenplanet.org for this recipe and picture.

Serves 2

Ingredients

For the sweet potato

- 1 large sweet potato
- Coconut oil (melted)

For the cucumber salad

- 1 thinly sliced cucumber
- 1 teaspoon olive oil
- ½ large fennel bulb sliced thinly
- Juice of ½ lemon
- Salt and pepper to taste

For the shallot cream

- 1 cup soaked cashews (soaked for 1 hour in hot water)
- 2 tablespoons chopped shallots
- 2 teaspoons of olive oil
- 3-5 teaspoons water
- Pinch of salt





The Gathered Green

ABN: 60 149 134 643

P: 0409 841 048

jane@thegatheredgreen.com.au

Method

Preheat oven to 180 degrees Celsius.

Cut potato in half lengthwise, rub with coconut oil and place cut-side down on a baking sheet.

Roast for 20 to 30 minutes or until tender.

In a medium mixing bowl, combine cucumber slices, lemon juice and fennel, oil, salt and pepper.

Let mixture sit for at least 10 minutes.

Place soaked cashews in a high-speed blender and add shallots, lemon, oil and salt. Blend with 2 tablespoons of water for at least 1 minute. If the mixture is too dry, add one extra tablespoon of water at a time. Blend until the cream is smooth but still thick.

Serve sweet potato halves on a plate, with shallot cream and cucumber salad as a side.

Alternatively, if catering for larger numbers, cut sweet potato into bite sized cubes and bake in oven until tender. Let cool. Gently combine the sweet potato, cucumber salad and dressing in a large bowl and enjoy as a mixed salad. You may wish to double the recipe if catering for more than 2 to 3 people.

Jane

