



The Health & Wellbeing Studio

T 1300 651 936 E enquiries@hwstudio.com.au
A Lev. 1, 1160 Toorak Rd, Camberwell VIC 3124

Roast Sweet Potato Salad

Sweet potatoes are an excellent plant source of provitamin A. Beta-carotene is a carotenoid that improves vitamin A levels in the body. Vitamin A is required for the prevention of degenerative damage to eye and skin health, supports mucus membranes and is a great immune-booster.

Sweet potato is also a great source of vitamin C, manganese, potassium and B vitamins. The fibre content of sweet potatoes also regulates the rate of digestion, releasing energy at a slower rate, meaning that your blood sugar levels can be better managed. A handy tip is to serve your sweet potato with a drizzle of good quality olive oil to promote absorption of the fat-soluble vitamins.

With some beetroot, bitter greens from the rocket and parsley, and the antioxidants from the bright colours throughout, your liver will love you for this salad choice. Boosted with protein from nuts, feta and chickpeas (and some quinoa if you like), this salad will keep you firing from lunch until dinner.

- Family friendly
- Gluten free
- Grain Free
- Lunchbox
- Salad
- Nut Free option
- Low Oxalate options
- Dinner
- Dairy Free Options
- Lactose Free Options
- Vegetarian
- GAPS friendly options
- Vegan options
- Low amine options
- Lunch

Preparations time: 20mins

Cooking time: 60mins

Serves: 4-6

Ingredients

- 500g sweet potato, washed and chopped into bite-sized pieces
- 2 beetroots, washed and chopped into bite-sized pieces
- 1 red onion, chopped into cubes
- 2 whole garlic cloves, skin on
- 2 tsp ground cumin
- 1 tsp ground cinnamon
- 2 tbsp coconut oil
- 2 handfuls rocket leaves, rinsed
- 1 can chickpeas, rinsed and drained
- ½ avocado, peeled and cubed
- ½ cup flaked almonds or pistachios
- 50g feta, crumbled

2 tbsp olive oil
Sea salt and pepper
¼ cup fresh parsley, chopped
1 cup cooked quinoa, optional

Instructions

1. Preheat the oven to 160C.
2. Arrange the sweet potato, beetroot, onion and garlic cloves in a roasting pan. Sprinkle with cumin and cinnamon, and drizzle with coconut oil. Bake for 1 hour until starting to brown, and very soft on the inside.
3. Meanwhile, in a serving bowl, place the rocket, chickpeas, avocado, nuts, feta and quinoa if desired.
4. Remove the vegetables from the oven and allow to cool for 5 minutes.
5. Trim the tips from the garlic cloves and squeeze the garlic into a small jar. Add the olive oil, salt and pepper and stir briskly until well combined.
6. Add the roast vegetables to the other ingredients and toss to combine.
7. Drizzle with garlic infused olive oil, sprinkle with parsley and serve.

Alternatives

Try this salad with other roasted vegetables such as pumpkin, Brussels sprouts or cauliflower.

For a vegan, dairy and lactose free salad, replace the feta with cashew cheese, or omit altogether.

For a nut free salad, replace the almonds and pistachios with pumpkin seeds.

For a low oxalate salad, omit the cinnamon and nuts. Replace the sweet potato and beetroot with cauliflower and Brussels sprouts.

For a GAPS friendly version, omit the feta, quinoa, and chickpeas. Replace the sweet potato with cauliflower.

For a low amine option, omit the cinnamon, rocket, avocado and olive oil. Replace the nuts with raw cashews and the feta with ricotta if desired.