

# Sweet Potato and Beetroot Salad

**Season:** Winter

**Type:** Salad

**Serves:** 36 tastings

**From the garden:** Sweet potato, beetroot, cos lettuce, spinach & rocket

**Class Focus:** Cleaning & preparing beetroot, washing salad leaves twice



Equipment:	Ingredients:
Large mixing bowl x 1 Medium mixing bowl x 1 Small mixing bowl x 1 Wooden spoon x 2 Whisk x 1 Salad Spinner Chopping boards and knives Measuring cups Measuring spoons Baking paper Baking tray x 1 Serving bowl x 5 Serving spoon x 5	1 sweet potato (skin-on, cubed – 1.5cm) 2 beetroots (top & tail trimmed, skin-on, cubed – 1cm) 3 tablespoons olive oil ¼ teaspoon salt  1 cos lettuce (cubed – 2cm) 1 handful of spinach (cut into quarters) 1 handful of rocket (cut into 2cm lengths)  <i>Dijonnaise Dressing:</i> ½ cup low-fat mayonnaise 1 tablespoon Dijon mustard ¼ teaspoon salt 10 grinds of pepper

## What to do:

1. Heat oven to 180C.
2. Wash all the salad leaves (twice) and vegetables.
3. Prepare all of the ingredients based on the instructions in the ingredients list.
4. Combine the first 4 ingredients in a medium mixing bowl.
5. Pour into a lined baking tray, bake in the oven for 25 minutes or until cooked.
6. Combine all the ingredients for dressing in a small mixing bowl.
7. Put all the salad ingredients and dressing in a large mixing bowl. Toss gently.
8. Serve into 5 large serving bowls with a serving spoon in each.