

Sweet potato and beetroot salad

Equipment

Bowl

Chopping board

Knife

Baking tray

Saucepan

Turner

Ingredients

200g sweet potato

2 tbsp. olive oil

few sprigs of thyme

2 cloves of garlic

1 red onion

150g sugar snap peas

Sea salt and black pepper

1 tbsp. balsamic vinegar

½ tsp. caster sugar

3 small beetroots

½ cup basil

30g fetta

Extra virgin oil for drizzling

Method

1. Preheat the oven to 180.
2. Peel the sweet potatoes and beetroot and chop into 3cm chunks.

3. Peel and cut the onion into quarters.
4. Toss the sweet potato into a bowl with the olive oil, thyme, garlic, salt and pepper toss to coat. Place them on one half of a baking tray. Place the beetroot in the middle trying to keep away from other veg as it will colour it.
5. Place the onions on the other half of the tray, drizzle generously with olive oil and balsamic vinegar, and sprinkle with salt and pepper and sugar, this will help to caramelize the onion.
6. Roast the vegetable in the oven until just cooked turning half way through.
7. Blanch the sugar snap peas in boiling water and then refresh in cold water, drain.
8. Just before serving toss all cooked veg together with the basil and place on a platter.
9. Crumble the fetta over the salad and drizzle with extra virgin olive oil.