

Beetroot, sweet potato & goat's cheese salad

Serves 4



Ingredients

- 4 sweet potatoes, cut into wedges
- 4 whole cooked beetroot
- 1 tsp cooking oil
- 30ml olive oil
- 15ml red-wine vinegar
- 1/2 tsp wholegrain mustard
- 1 tbsp parsley, chopped
- 4 large handfuls of rocket salad
- 100g goat's cheese, crumbled
- 50g pine nuts, toasted in a pan for 3 mins – make sure you constantly shake the pan

Method

Heat oven to 200C. Wash the sweet potatoes and cut into wedges. Place in an ovenproof dish and glaze with the cooking oil. Season, add a sprig of thyme and a bay leaf and place in the oven until soft, which should take around 15 minutes.

Meanwhile, cut the beetroot into similar size wedges, and once the sweet potato is ready, place both in a bowl. Make the vinaigrette by mixing the oil, vinegar and mustard. Add the vinaigrette, parsley and rocket to the sweet potato and beetroot. Toss together and season with pepper.

Serve on plates with the crumbled goat's cheese and pine nuts on top.

Adapted from a recipe by Angela Hartnett.