

Warm salad of roasted sweet potatoes and radishes

Serves 2-3

Ingredients:

1 large sweet potato (cut into bite sized pieces), 8-10 radishes (ends trimmed), olive oil, sea salt, freshly ground black pepper, 1/2 teaspoon mustard seeds, 1/2 teaspoon whole cumin seeds, vinaigrette made from 2 tablespoons olive oil and 1 tablespoon balsamic vinegar (thoroughly mixed), 1 big onion (thinly sliced), 2 tablespoons lime juice mixed with ½ t salt and ½ t sugar in a small bowl, until salt and sugar are dissolved

Preparation:

Preheat oven to 200°C. In a medium-sized bowl, combine potato pieces with onion slices, olive oil, a good sprinkling of sea salt, and black pepper. Roast potatoes in a single layer on a foil lined baking sheet for 10 minutes.

Meanwhile, half and slice any large radishes into wedges. Combine radishes with olive oil, sea salt and black pepper; mix well.

Once the potatoes and onion have roasted for 10 minutes, add radishes. Continue to roast for another 10-12 minutes or until potatoes and radishes are tender.

Meanwhile, in a small skillet, heat 1 teaspoon of extra virgin olive oil over medium heat. When hot, add mustard seeds and whole cumin seeds and gently mix. Cook for about a minute, until fragrant, being mindful that mustard seeds will start to pop.

Transfer roasted radishes, onions and potatoes to a bowl. Add vinaigrette, black and mustard/cumin seed mixture and combine with lime juice mixture. Season with salt and pepper.

ENJOY!