



ROASTED SWEET POTATO AND MACADAMIA NUT SALAD

Ingredients:

- 1kg gold Sweet Potato
- 2Tbsp Olive oil
- 200grams Roasted Macadamia nuts
- 1 red Onion, *thinly sliced*
- 150grams baby Spinach leaves
- 2 ripe Avocados, *cut into chunks*

Method:

- Pre-heat oven to 200°C.
- Peel and cut sweet potato into even sized pieces, in a bowl coat sweet potato with oil, salt and pepper.
- Place coated sweet potato in baking tray and cook in oven for 30-40 minutes, or until just cooked through (should still be firm).
- Remove from oven and allow to cool slightly.

To Serve:

- Combine all ingredients in a large salad bowl, toss and serve.
- Serves 4-6.