

Smashed Sweet Potatoes with Beetroot Feta Salad

(Vegetarian) For 4 servings



Ingredients

4 medium sized sweet potatoes
4 tbsp olive oil
300 g beetroot; cooked, peeled
1 tbsp lemon juice
1 tbsp white wine vinegar
salt to taste
black peppercorns to taste
2 tbsp chopped parsley
150g feta cheese

Directions

Preheat the oven to 180°C fan forced. Cover a baking tray with parchment paper. Wash the sweet potatoes well, pat dry and prick them several times with a fork. Place on the baking tray, drizzle with 2 tbsp olive oil and bake in the oven for 30 - 40 minutes until tender.

For the salad, cut the beets into small cubes. Whisk together the lemon juice, vinegar, salt, pepper and remaining oil and season the dressing to taste. Add the beetroot and parsley, then crumble the feta into small pieces. Mix everything well and serve the salad.

Squeeze the top of the baked sweet potatoes apart, loosen the flesh inside, and season with salt and pepper. Spread the beetroot and feta salad on top, grind everything lightly with pepper and serve.

Prep time: 25 mins
Baking time: 40 mins