

## Healthy sweet potato salad

10m prep | 25m cook | 4 servings ★★★★★ 2



Health Score\*  
HIGH

🔥 485 calories per serve

⚠️ **Allergens:** Recipe may contain gluten, wheat, tree nut, sulphites and milk.

### 11 Ingredients

- 700g **sweet potato**, peeled, cut into wedges
- 2 tbsp extra virgin olive oil
- 250g pkt pearl couscous
- 400g can black beans, rinsed, drained
- 4 green shallots, thinly sliced
- 2 tbsp chopped fresh dill
- 45g (1/4 cup) roasted natural almonds, chopped
- 1 tbsp white balsamic vinegar
- 2 baby cos lettuce, trimmed, leaves separated
- 80g soft goat's cheese, crumbled
- 45g (1/4 cup) pomegranate arils

### 4 Method Steps

#### Step 1

Preheat oven to 210C/190C fan forced. Line a baking tray with baking paper. Place the sweet potato on prepared tray and drizzle over 1 tbs oil. Bake for 25 minutes or until golden and tender.

#### Step 2

Meanwhile, prepare the pearl couscous following packet directions.

### Step 3

Combine the pearl couscous, black beans, shallot, dill, almond, roasted sweet potato, balsamic and remaining oil in a large bowl. Season and toss to combine.

### Step 4

Divide the cos lettuce among shallow serving bowls. Top with the roasted sweet potato mixture and serve sprinkled with goat's cheese and pomegranate.

## NUTRITIONAL INFORMATION

### NUTRITION PER SERVING

%Daily Value#

Energy	2028 kj (485cal)	23%	Zinc	1.6mg	13%
Protein	16.5g	33%	Phosphorus	268.9mg	27%
Total Fat	21.4g	31%	Vitamin A	8300µg	1107%
Saturated	5.2g	22%	Vitamin C	12.6mg	32%
Cholesterol	0.0g	-	Thiamin B1	0mg	0%
Carbohydrate Total	57.0g	18%	Riboflavin B2	0mg	0%
Sugars	11.2g	12%	Niacin B3	2mg	20%
Dietary Fiber	13.3g	44%	Vitamin B6	0mg	0%
Sodium	444.2mg	19%	Folic Acid B9	188.5	94%
Calcium	164.3mg	21%	Vitamin B12	0µg	0%
Magnesium	106.3mg	33%	Vitamin D	0.1µg	1%
Potassium	1.0g	-	Vitamin E	5.3mg	53%
Iron	3.9mg	33%	Vitamin K	129.9µg	162%

Nutrition information and Health Score does not include ingredients listed as to serve or any serving suggestions.

Nutrition information is calculated using an ingredient database and should be considered an estimate.

# The % daily values indicates how much of a nutrient in a food serving contributes to a daily diet, based on general nutritional advice for a diet of 2100 calories a day.

\* Health Scores are calculated on a 1-10 scale based on nutrient density and USDA (global standard) recommendations for a healthy diet. A higher Health Score indicates a healthier recipe. The value is based on the impact of macronutrients and micronutrients in the recipe.