



Sweet Potato and Wild Rice Salad

EASY • 30 MINS

This main-meal salad is a melding of texture, flavour and nourishment your body will love. Simply prep the sweet potato, rice and greens on the weekend, and slice a fresh apple on top the day you plan to eat it! Save your old jars for the zingy honey dressing too.



SKILL LEVEL
Easy

PREP TIME
30 mins

SERVINGS
2

Ingredients

Salad

- 1 medium sweet potato, peeled and cut into

Method

1. Preheat oven to 180°C. Warm the honey up in short bursts in the microwave, and when runny combine with the olive oil and dukkah and then toss through the sweet potato.

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- 1.5cm cubes
- ½ tsp [Capilano Honey](#)
 - ½ tsp extra virgin olive oil
 - 1 ½ tsp dukkah
 - 1 cup cooked wild rice (cooked in vegetable or chicken stock)
 - 2 cups wild rocket leaves
 - ½ granny smith apple, thinly sliced
 - 2 tbsp toasted walnuts
 - 50 g dried cranberries and blueberries
 - 50 g Greek feta, crumbled
 - 1 tbsp pepitas

Dressing

- 2 tsp [Capilano Honey](#)
- 2 tbsp extra virgin olive oil
- 1 tbsp Dijon mustard
- 1 tbsp apple cider vinegar
- 2 tbsp water

Method

2. Transfer sweet potato to a lined baking tray and bake for 12 minutes then turn sweet potato over and bake for another 12 minutes or until sweet potato is completely cooked & golden.
3. Combine salad dressing ingredients in a bowl and whisk with a fork until creamy and well combined.
4. Combine sweet potato, rice, rocket, apple, dried fruit, feta and walnuts in a salad bowl, drizzle with the dressing and serve immediately.

Used in this recipe

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