



# Sweet Potato and Wild Rice Salad

EASY • 30 MINS

This main-meal salad is a melding of texture, flavor 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.

Visit [capilanothoney.com.au](https://capilanothoney.com.au) to learn how to swap honey for sugar in your recipes.

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- 1.5cm cubes
- ½ tbsp **Capilano Organic Raw Honey**
- ½ tbsp extra virgin olive oil
- 1 ½ tsp dukkah
- 1 cup cooked wild rice (cooked in vegetable or chicken stock)
- 2 cups wild arugula 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 Organic Raw Honey**
- 2 tbsp extra virgin olive oil
- 1 tbsp Dijon mustard
- 1 tbsp apple cider vinegar
- 2 tbsp water

#### Used in this recipe



#### Organic Raw Honey

Smooth, sweet and fragrant, Capilano Organic Raw Honey is made by Aussie bees that have foraged native eucalypt and ground flora in Australia's pristine national parks and forests.

#### Discover a Premium Taste

Perfectly pure, this honey is delicious drizzled on toast, cereal, tea, smoothies and yogurt.

#### Australian Certified Organic

This exceptional honey has been hand harvested by Aussie beekeepers from hives located within a 5km organic foraging radius and carefully packed to organic specifications.

#### Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savory recipes. Learn more about how to swap

## 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, arugula, apple, dried fruit, feta and walnuts in a salad bowl, drizzle with the dressing and serve immediately.

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Capilano for sugar in your recipes [here](#).

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