



Cooking Made Easy

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Steve's Leaves with Sweet Potato, Goat's Cheese and Pecans

"Who the devil is Steve?!" we hear you cry. Well the first thing you need to know is that he has a PhD in the nutritional physiology of watercress and this week he's joined the kitchen brigade to bring you this tasty recipe. 'Doctor Watercress' as he is known to his friends has been pushing the boundaries of salad leaves for 30 years now and you can thank him for a lot of the leafy innovations that turn up on your plate. Check out his blog and all sorts of fascinating salad related banter at www.stevesleaves.co.uk

 30 min

 gluten free

 veggie



Sweet Potato



Beetroot



Spring Onion



Balsamic Vinegar



Steve's Leaves
Fennel Tops



Sunflower Seeds



Goat's Cheese



Pecan Nuts

Ingredients

	2P	4P
Sweet Potato, chopped	1 cup	2 cups
Beetroot, chopped	1	2
Spring Onion, chopped	2	4
Balsamic Vinegar 1	1 tbsp	2 tbsp
Steve's Leaves Fennel Tops	1 bag	2 bags
Sunflower Seeds	1 tbsp	2 tbsp
Goat's Cheese 2	½ roll	1 roll
Pecan Nuts 3	2 tbsp	4 tbsp

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Sulphites | **2)** Milk

3) Nut

Nutrition per serving: Calories: 423 kcal | Protein: 20 g | Carbs: 28 g | Fat: 26 g | Saturated Fat: 13 g



1 Pre-heat the oven to 200 degrees. Scrub your sweet potato under water and chop into bite-sized (3cm) chunks (without peeling). Toss the chunks in 1 tbsp of olive oil and season well with salt and pepper. Roast on the top shelf of the oven for around 20 mins, or until soft enough to eat.



2 Peel the beetroot and chop into 2cm chunks. Toss in a couple of tsp of olive oil and season with a little pinch of salt and pepper. Add to the tray of sweet potatoes for 10-15 mins, or until cooked through. **Tip:** Rub a drop of olive oil into your fingers whilst handling the beetroot to stop stained fingers!



3 Finely chop the spring onion.



4 To make your dressing, simply mix together the balsamic vinegar with 1 tbsp of olive oil. Add in a pinch of salt, pepper and a pinch of sugar if you have some. **Tip:** To test the dressing, dip a salad leaf into it, shake the leaf and eat it. Add more seasoning if needed.

5 Pimp your salad dressing! Now you've got the basis for your salad dressing, have a think as to what

you'd like to add to change the flavour - wholegrain and Dijon mustard are our favorites but use your imagination and the contents of your cupboard!

6 Once the sweet potato and beetroot are cooked remove them from the oven and allow them to cool for 5 mins.

7 Gently toss the sweet potato, beetroot and spring onion into the salad leaves. Throw in the sunflower seeds, drizzle over the dressing and gently combine. Lastly crumble in the goat's cheese and scatter over the pecans before serving.