



# Garden Salad With Roasted Sweet Potato & Tamari Seeds

Bialik College Kitchen Garden Program

## Ingredients:

- salad ingredients from the garden
- 2 sweet potatoes, 2cm diced
- 60g sunflower seeds
- 60g pumpkin seeds
- 1 ½ tablespoons tamari
- Dressing:
  - 2 tablespoons lemon juice
  - 6 tablespoons extra virgin olive oil
  - 1 garlic clove, finely chopped
  - salt & pepper

## Equipment:

- chopping board
- knife
- frying pan
- salad spinner
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## Method:

1. Peel and cut sweet potato into 2cm dice and spread out on a baking tray .Brush with olive oil, salt & pepper and bake in a 200C oven for 30 minutes.
2. Collect salad ingredients from the garden (mainly lettuce, celery, & herbs) .
3. Place pumpkin & sunflower seeds in a bowl and drizzle with tamari and stir to coat. Place in frying pan on medium heat for 5-10 minutes until lightly toasted and then set aside.
4. Wash and cut up salad ingredients and place in a bowl. Sprinkle the sweet potato and seeds on top.
5. Dress the salad just before serving.