#### SWEET POTATO SALAD & Thai sunflower dressing

#### Ingredients

* 4 cups sweet potato, diced (about 800g)
* 1 tablespoon olive oil
* Salt & pepper to taste

#### For the salad

* 3 cups rocket, washed
* 1 head of lettuce, picked, washed and trimmed
* 1 cup carrot, cut into matchsticks or ribbons (or grated)
* 2 spring onion, finely sliced

For the [spicy Thai Sunflower dressing](https://www.simplyquinoa.com/6-staple-homemade-vegan-salad-dressings/)

* 1 cup sunflower seeds, toasted until golden
* 1 tsp red Thai curry paste
* ½ tsp salt
* 1 tin coconut milk
* 2 Tbsp honey
* ½ Tbsp apple cider vinegar
* 1 lime, juiced

### Method

* Preheat the oven to 200oC.
* Roast sunflower seeds on a dry oven tray, 5-6 minutes until golden.
* Toss sweet potatoes with oil, salt, and pepper. Roast on a baking sheet for 30 minutes, tossing halfway through.
* While the sweet potatoes are roasting, prepare the leaves and mix in a large bowl. Add spring onions and carrot.
* Make the dressing; take cooled sunflower seeds and then blend with the coconut milk and remaining ingredients until smooth. Use a stick blender for best results.
* Toss sweet potatoes in the sunflowerdressing and mix to combine. Place in the fridge for at least 30 minutes to marinate. Add to the salad, mix and serve.