



WARM SWEET POTATO & CARROT SALAD

One of our favourite sides at Woodchoppers is Sweet Potato Fries, here's an alternative for home without the use of a deep fryer. I have baked the vegies in the oven but if you have an airfryer by all means use that, and have added carrots to up our 'veg a day' intake.

Ingredients

1 large sweet potato, cut into chips
3 large carrots, cut into chips
olive oil
cumin
chilli flakes
2 handfuls baby spinach
½ red onion, sliced
100g feta, crumbled
lemon

Method

Preheat oven to 190C. Put sweet potato and carrots in a bowl with a good drizzle of olive oil, sprinkle of cumin and chilli flakes. Mix so everything is well coated, then spread on lined baking tray and bake for 30 mins.
Let cooked veg cool slightly. Put sliced onion and baby spinach in a bowl add warm veg, crumbled feta, a little more olive oil, squeeze of lemon juice, salt & pepper to taste. Toss & serve.





Serving
suggestion.

Great with
pork ribs,
brisket,
tri tip

