

## Mixed Bean and Sweet Potato Salad

**Season:** Winter

**Type:** Salad

**Serves:** 32 tastings

**From the garden:** Sweet potato

**Class Focus:** Washing sweet potato, washing & cutting lettuce



### Equipment:

Large mixing bowl x 1  
Small mixing bowl x 2  
Wooden spoon x 2  
Whisk x 1  
Salad Spinner  
Sieve x 2  
Chopping boards and knives  
Measuring cups  
Measuring spoons  
Baking paper  
Baking tray x 1  
Serving bowl x 5  
Serving spoon x 5

### Ingredients:

2 sweet potatoes (skin-on, cubed – 1.5cm)  
2 tablespoons olive oil  
¼ teaspoon salt

½ lettuce (cubed – 2cm)  
1 can mixed beans (rinsed & drained)  
1 can sweet corn (drained)

#### *Maple Mustard Dressing:*

1 tablespoon olive oil  
3 tablespoons maple syrup  
4 teaspoons Dijon mustard  
¼ teaspoon salt

### What to do:

1. Heat oven to 180C.
2. Wash the sweet potatoes.
3. Prepare all of the ingredients based on the instructions in the ingredients list.
4. Combine the first 3 ingredients in a small mixing bowl.
5. Pour into a lined baking tray, bake in the oven for 20 minutes or until cooked.
6. Combine all the ingredients for dressing in a small mixing bowl.
7. Put all the salad ingredients and dressing in a large mixing bowl. Toss gently.
8. Serve into 5 large serving bowls with a serving spoon in each.