

ORANGE-FLESHED SWEETPOTATO SALAD



Photo: V. Atakos (CIP-SSA)

INGREDIENTS

- 2 medium sweet potatoes
- 1 small ripe avocado
- 1 red sweet pepper (hoho)
- Salt and freshly ground pepper
- Lemon juice
- Vegetable oil

METHOD

Wash, dice the orange flesh sweet potatoes, season and bake in a moderately hot oven for 40 -50 minutes or until cooked.

Cool the potatoes

Cut the avocado and dip in a lemon juice -water solution

Dice the sweet pepper

In a salad bowl mix all the ingredients and dress with lemon juice, vegetable oil and freshly ground black pepper.

Yield 2 side salads

Presentation

Serve on a fish plate layered with soft lettuce