



# Sweet potato and mushroom salad

20'  
Hands on

40'  
Cook Time

6-8  
Portion(s)

1  
Difficulty



## Method

For the vinaigrette

- In a bowl add the pomegranate balsamic vinegar, the olive oil, salt, pepper, the paprika, the honey, and mix.
- Set aside.

For the salad

- Preheat the oven to 200° C (390° F) set to fan. Add a [baking pan](#) inside to get very hot.
- Peel the sweet potatoes, [cut](#) them into 3-4 cm large pieces, and add them to a baking pan.
- Quarter an onion and separate its pieces. Add them to the baking pan along with the garlic finely chopped.
- Add 5 tablespoons of the vinaigrette, thyme, rosemary, oregano, and bake for 30-40 minutes.
- Put the mushrooms into a bowl and add 4 tablespoons of the vinaigrette. Mix well.
- Remove the hot baking pan from the oven, add the mushrooms, and bake for 15-20 minutes.

To assemble

- In a bowl add 2-3 tablespoons of the vinaigrette. Add the green salad, the sweet potatoes, the mushrooms, the onion, the goat cheese into pieces, the pomegranate seeds, the sunflower seeds, and the mint.
- Pour 1 tablespoon of the vinaigrette over the salad and serve.

## Ingredients

For the vinaigrette

- 100 g balsamic vinegar, pomegranate
- 200 g olive oil
- salt
- pepper
- 1 tablespoon(s) paprika
- 1 tablespoon(s) honey

For the salad

- 1 1/2 kilo sweet potatoes
- 1 onion
- 2 clove(s) of garlic
- 1 tablespoon(s) thyme
- 2 sprig(s) rosemary
- 1 tablespoon(s) oregano
- 400 g oyster mushrooms
- 250 g green salad, mixed
- 150 g goat cheese
- 1/2 pomegranate
- 1 teaspoon(s) sunflower seeds
- 1 tablespoon(s) mint

## Διατροφικός πίνακας

Nutrition information per portion

350 Calories (kcal)	14.0 Total Fat (g)	4.8 Saturated Fat (g)	46.0 Total Carbs (g)
18%	20%	24%	18%
16.0 Sugars (g)	8.3 Protein (g)	6.1 Fibre (g)	0.56 Sodium (g)
18%	17%	24%	9%