



## Warm Purple Sweet Potato, Lentil and Tuna Salad

This is a beautiful salad that's suitable for all seasons! We used purple sweet potatoes to add some colour and extra antioxidants to the dish. This dish is a powerhouse of vitamins with a nice protein hit from the tuna - it's filling yet energising!

### Nutritional Info

Calories: 406kcal  
 Carbohydrates: 39.3g  
 Protein: 17.4g  
 Fat: 19g

### Ingredients

- Purple sweet potato
- Green beans
- Tuna
- Salad leaves
- Cherry tomatoes
- Spring onion
- Dressing mix
- Olive oil
- Apple cider vinegar
- Maple syrup
- Dijon mustard

### Your Pantry

- Olive Oil
- Salt & Pepper

### Allergens


- Mustard (Salad dressing)
- Sulphur Dioxide (Salad dressing)
- Fish (Tuna)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



# METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*



## 1) **Pre-heat the oven 180°C and boil the kettle**

## 2) **Prepare the sweet potatoes**

Peel and chop the purple sweet potatoes into small cubes (about 1-2cm cubes). Lay them on a lined baking sheet/roasting tin. Drizzle with olive oil and season with salt and pepper. Toss the sweet potatoes so they are evenly coated and place them in the oven for 10-15 minutes. Meanwhile...

## 3) **Prepare the vegetables**

Finely slice the spring onions. Cut the cherry tomatoes in half. Cut the very ends of the beans and discard. Drain the tuna.

## 4) **Cook the beans**

Place a saucepan of boiling water on medium heat. Cook the green beans for 3 minutes or until done to your liking. Drain, then set aside.

## 5) **Make the salad and serve**

Toss the mixed leaves with the tomatoes, roasted purple sweet potatoes, green beans, and spring onions. Plate the salad, then crumble the tuna in chunks over the top. Dress with the dressing mix to taste and serve.



Fancy winning free DropChef in our weekly competition?!  
To enter just share your delicious dinner on Instagram | **#DropChef**