

Sweet Potato and Kale Salad

This tasty recipe has been put together by Harriet, our Human Resource Officer. For more great health and wellbeing tips from our Healthy Habits team, call us on 0191 280 8484 or email Rebecca.Williams@ageuknorthtyneside.org.uk.

Ingredients

- 2 small sweet potatoes
- 150g kale
- 0.5 tsp. cumin
- 0.5 tsp. paprika
- 2 tbsp. olive oil
- Pomegranate seeds
- 100g halloumi

Steps

- Preheat the oven to 180°C
- Peel the sweet potatoes and slice into thin discs. Toss with the paprika, cumin and 1 tbsp. olive oil. Spread in a single layer on a baking tray and roast for 25 – 30 mins.
- Wash the kale under cold water and dry thoroughly. Toss with the sesame oil and the remaining 1 tbsp. olive oil. Spread in a single layer on baking trays and roast for 20 mins.
- Whilst the kale and sweet potatoes are roasting, chop up your halloumi into chunks.
- Once the sweet potatoes and kale are cooked, simply plate up, starting with the kale, sweet potatoes then topping with pomegranate seeds and halloumi.

