

Kale & Sweet Potato Caesar salad

INGREDIENTS

5 medium sized sweet potatoes

2 tbs olive oil

2 tbs cumin seeds

2 tsp ground black pepper

2 tsp course Kosher salt

Bunch of kale - leaves and stems

Caesar Dressing

2 oz can anchovy fillets (I prefer, Centro rolled anchovy fillets with capers in olive oil)

2 tbs fresh lemon juice

1 tbs Dijon mustard

1 clove garlic

¼ cup grated parmesan cheese

¾ cup natural Greek yoghurt

Ground pepper and salt to taste



DIRECTIONS

Prepare and cook sweet potato

- Preheat oven to 325°F
- Wash or peel sweet potatoes and cut into about 1 ½ inch cubes.
- Place in roasting pan or oven slide and add olive oil, cumin seeds, salt and pepper and mix with your hands until sweet potatoes are well covered with oil and cumin seeds.
- Roast sweet potatoes until they are light brown on the outside and cooked all the way through. When cooked, set aside.

Prepare kale

- Wash kale and slice (fine julienne) and place in serving bowl

Make Caesar dressing

- Using a stick blender and appropriate mixing basin, add anchovy fillets and oil from the can, lemon juice, Dijon mustard and garlic. Use the stick blender on high setting to blend everything until very smooth.
- Add yogurt and blend using stick blender.
- Add pepper and salt to taste.

Assemble the salad

- Add the cooked sweet potatoes with any olive oil and cumin seeds left in the pan to the kale.
- Pour in enough Caesar dressing to cover kale and sweet potatoes and gently mix