

TASTE WITHOUT WASTE

Sweet Potato & Asparagus Salad with Sesame-Orange Dressing

Serves 2-4.

Ingredients

1 75g sweet potato, rinsed, scrubbed and thinly sliced
1 tsp olive oil
1 bunch (approx. 200g) asparagus, last 2 cm of stalk removed
1 large orange
Sea salt & freshly ground black pepper
1 tbsp sesame seeds, lightly toasted in a dry frying pan

Sesame-Orange Dressing:

2 tbsp olive oil
½ tsp sesame oil
1 tbsp orange juice (from the orange above)
½ tsp finely grated orange zest (from the orange above)
1 ½ tsp lemon juice
½ garlic clove, crushed
1 tsp french or Dijon mustard

Method

Preheat the oven to 200C. Line a baking tray with greaseproof paper and spread out the slices of sweet potato, so that none are overlapping. Brush with the olive oil. Roast for 12-15 minutes or until just tender. Set tray on a wire rack to cool.

Meanwhile, cut the asparagus into thirds (about 8cm lengths) and bring a small pot of water to a rolling boil. Tip in the asparagus all at once and cook for two minutes. Drain and transfer to a bowl of ice and cold water. Place bowl in the refrigerator to chill (and prevent the asparagus from continuing to cook)

Wash the orange and finely grate ½ tsp zest. Set the zest aside and use a sharp knife to thinly slice off the top and bottom of the orange, so that the orange flesh is just exposed. Then start slicing off the skin, removing as much pith as possible, with a curving action starting at the top of the orange and ending at the bottom. Continue until all the peel has been removed. Now hold the orange in one hand and carefully slice down one side of an orange segment, then on the other, so that you can ease the segment out. Repeat the procedure until you have removed all segments and are left with just the membrane. Squeeze the membrane over a small bowl and reserve 1 tbsp of the juice.

To make the dressing, place all ingredients in a small jar with a screw top lid. Ensure the lid is on firmly then shake vigorously to emulsify.

Assemble the salad by tipping the sweet potato, asparagus and orange segments into a serving bowl. Drizzle with the Orange Sesame Dressing, sprinkle with toasted sesame seeds and season well with sea salt and freshly ground black pepper.

*Source: A Taste Without Waste Original. Dressing Adapted from Vegetarian Cooking: A Common Sense Guide.
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