

Salad with Baked Sweet Potato and Caramelized Orange



SERVINGS

2

INGREDIENTS

- 220 g kidney beans, boiled
 - 1 sweet potato
 - 3-4 tbsp olive oil
 - 1 pinch of salt & pepper
 - 1 pinch of cumin
 - 1 orange, organic
 - 125 g green lettuce of your choice
 - ½ red onion
 - 1 red paprika
 - 20 g pumpkin seeds
 - ½ zucchini
 - 100 g corn kernels, organic
 - 20 g goji or blueberries
 - fresh parsley
- for the dressing:
- ½ orange, organic, juiced
 - ½ lemon, juiced
 - 1 tbsp maple, date or coconut syrup
 - 2 tbsp olive oil
 - ½ tsp cinnamon, ground
 - 1 pinch of chilli flakes

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