

INA BRADSHAW AND MAGDA PIETERSE – TEAM 9

WINTER SALAD



Special requirements: Potato peeler/cheese slicer

Ingredient	Amount	Unit	Remark
Orange	1		
Olive oil	250	ml	
Greek Yogurt	175	ml	
Salt	5	t	
Coarse black pepper	5		
Parmesan Cheese	100	g	
Chilli flakes	1	t	
Sweet Potato	2		small
Asparagus	1	pk	
Baby Spinach	1	pk	
Rocket	1	pk	
Watercress	1	pk	
Basil pesto	2	t	
Chicken breasts	2		Skinless
Butternut	1		
Lemon	3		

METHOD:

- Cut the butternut and sweet potato in long thin strips. Put into oven proof dish, drizzle with olive oil and season butternut with salt, black pepper and chilli flakes. Season sweet potato with salt, black pepper and orange juice. Bake in solar Dom until soft and golden brown.
- Marinate chicken breasts in juice of 2 lemons, season with salt, black pepper and olive oil. Bake in solar Dom until golden brown. Leave to rest.
- Steam the asparagus until soft. Put in pan and cook for 2 minutes in lemon juice and olive oil.

Serving:

- Make a bed of spinach, rocket and watercress on a serving plate, stack butternut, sweet potato, asparagus and chicken breast on top of the leaves. Make salad dressing with basil pesto and Greek yogurt and drizzle over salad. Use cheese slicer to cut thin strips of Parmesan cheese and put over salad.

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