Sweet Potato and Wild Rice Salad

EASY • 30 MINS

This main-meal salad is a melding of texture, flavour and nourishment your body will love. Simply prep the sweet potato, rice and greens on the weekend, and slice a fresh apple on top the day you plan to eat it! Save your old jars for the zingy honey dressing too.



SKILL LEVEL	PREP TIME	SERVINGS
Easy	30 mins	2

Ingredients

Salad

- 1 medium sweet potato, peeled and cut into

Method

1. Preheat oven to 180°C. Warm the honey up in short bursts in the microwave, and when runny combine with the olive oil and dukkah and then toss through the sweet potato.

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

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1.5cm cubes

- ½ tbsp Capilano Pure Honey
- ½ tbsp extra virgin olive oil
- 1 ½ tsp dukkah
- 1 cup cooked wild rice (cooked in vegetable or chicken stock)
- 2 cups wild rocket leaves
- ½ granny smith apple, thinly sliced
- 2 tbsp toasted walnuts
- 50 g dried cranberries and blueberries
- 50 g Greek feta, crumbled
- 1 tbsp pepitas

Dressing

- 2 tsp Capilano Pure Honey
- 2 tbsp extra virgin olive oil
- 1 tbsp Dijon mustard
- 1 tbsp apple cider vinegar
- 2 tbsp water

Method

2. Transfer sweet potato to a lined baking tray and bake for 12 minutes then turn sweet potato over and bake for another 12 minutes or until sweet potato is completely cooked & golden.

3. Combine salad dressing ingredients in a bowl and whisk with a fork until creamy and well combined.

4. Combine sweet potato, rice, rocket, apple, dried fruit, feta and walnuts in a salad bowl, drizzle with the dressing and serve immediately.

Used in this recipe



Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and hand harvested by their beekeepers, our signature blend of eucalypt and ground flora honey is the taste of Australia.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

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