

Lentil salad sweet potato

Description

Ever since I discovered how ridiculously nourishing lentils are, Iâ€™ve been trying to sneak them into everything. Soups, wraps, curries, leftovers bowlsâ€¦ and now this salad. Theyâ€™re affordable, filling, full of fiber and plant protein. This time they ended up in a fresh, colorful salad situation.

This bowl has roasted sweet potato, green asparagus, avocado, tomatoes and cashews, mixed with lentils, rocket salad and a simple dressing. The sweet potato brings comfort, the asparagus keeps it fresh, avocado makes everything creamy and the cashews give that little crunch that makes a salad feel like an actual meal instead of just â€œhealthy foodâ€•.

I also love recipes like this because they fit real life. If you use pre-cooked lentils and steam or roast the vegetables beforehand, this becomes one of those quick & healthy meals you can throw together in no time while still feeling like you properly nourished yourself.

For me, dishes like this are also an easy way to eat more vegetables without overthinking it too much. Just a big bowl of colorful ingredients, good textures and flavors, and food that gives steady energy afterwards instead of a crash. And a simple honey mustard dressing pulls everything together with a little sweetness and sharpness.

And of course, any nuts on top of a salad just make life better.

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Nourishment

Fiber: high
Veggie level: very high
Keeps you full: eat enough of it
Energy: steady & fresh
Mood: fresh, light & satisfied

Details

Servings
2 servings

Prep time
10 minutes

Cooking time
10 minutes

Protein
~16â€“20g

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Ingredients

- Rocket salad
- Lentils (canned)
- 1 medium sweet potato
- 6 â€“ 8 green asparagus
- 10-12 cherry tomatoes
- Avocado

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- 10 cashews
- Parsley
- Chili flakes
- **Dressing**
- Olive oil
- Mustard
- Honey
- Apple vinegar

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Directions

- Preheat the oven to 200Â°C.
- Rinse and drain the lentils well and set aside. Crush the cashews a bit, so they are still chunks but a bit smaller.
- Slice the sweet potato into thin half moons or rounds. Trim the green asparagus and cut into smaller pieces if needed.
- Steam the sweet potato and asparagus for about 3â€“4 minutes first. This makes the sweet potato extra soft on the inside while still getting golden edges in the oven later.
- Spread the vegetables on a baking tray with olive oil, salt, pepper. Roast for about 10 minutes until slightly golden.
- Add the tomatoes during the last few minutes if you want them soft and roasted, or keep them fresh for a more juicy, fresh salad vibe.
- Meanwhile, whisk together the honey mustard dressing: olive oil, mustard, honey, lemon juice or apple cider vinegar, salt and pepper.
- Add the rocket, lentils, cashews, dried chili flakes (amount depends on how spicy you can handle) and a bit of the dressing to a large bowl and gently toss together first.
- Top with the roasted vegetables, avocado, tomatoes. Finish with some extra chilli flakes, parsley and another drizzle of dressing if needed.

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