



Tofu and Sweet Potato salad

Makes 1

Ingredients

- 100gm Honey soy marinaded tofu – Soy co or Macro.
- 1/3 cup sweet potato
- 1 beetroot
- 6 – 8 olives
- ½ cup spinach
- ¼ avocado
- 6 – 8 cheery, roma or sweet solonato tomatoes
- 30gm goats cheese
- Extra virgin olive oil (to drizzle)
- Himalayan pink salt
- pepper

Steps

1. Pre-heat oven to 210 Celsius
2. Slice the sweet potato and place on a baking tray and drizzle with olive oil, Himalayan salt and pepper and place in oven for 40 minutes (depending on your oven but I would check after 30 minutes)
3. On a plate or in a bowl place the spinach, olives, cut up avocado, tomatoes and sprinkled goats cheese
4. Slices the beetroot and place in the bowl.
5. Once the sweet potato is almost cooked Cook the tofu over a medium heat in a fry pan. It only needs 1 minute maximum on each side.
6. Top the salad with olive oil and lemon juice.

