

# LEMONY TAHINI DRESSING WITH SWEET POTATO SALAD

Sometimes the hero of a salad is the dressing so it deserves to be written first! That's the deal with this magical lemony tahini saucy magnificence.

This dressing is brilliant with roast veg salads like the recipe below but it's also incredible over grilled meats, dolloped into pides or sandwiches, or over other salads.



**Serves:** 4 as a meal, 6-8 as a side salad

**Time:** 45 minutes



## INGREDIENTS

### Lemony tahini dressing

160 grams (5.6 oz) Greek yoghurt  
70 grams (2.5 oz) tahini  
1 lemon, juice only  
50 grams (5 tbsp) water  
30 grams (3 tbsp) olive oil  
20 grams (2 tbsp) pomegranate molasses  
1 tsp flaked salt

### Sweet potato salad

2 medium sweet potatoes, peeled (or not), and diced  
½ cauliflower, broken into florets  
2 tsp [Vadouvan Curry Powder](#), or other spice blend of choice  
1 tsp flaked salt  
1 tbsp olive oil, plus extra for drizzling  
1 cup small green French-style lentils, eg Le Puy  
handful cherry tomatoes, halved  
handful olives, pitted and halved  
1 Lebanese cucumber, cut into chunks  
few sprigs coriander



## METHOD

### Lemony tahini dressing

1. Place all ingredients in mixing bowl and blend **10 sec/speed 6**. (The Thermomix whips the dressing into an amazing mousse-like mixture – you can dollop it proudly as is, or thin it out with more water, if desired.)

Without a Thermomix, whisk ingredients together in a bowl or shake in a jar.

### Sweet potato salad

2. Preheat oven to 170°C (340°F). Place sweet potatoes, cauliflower, spice mix and oil in a large baking dish. Toss together and roast for 30 minutes or until vegetables are cooked.

3. Meanwhile, boil a litre of water in a medium saucepan. Add lentils and cook for 15 minutes, or until al dente. Drain and allow to cool a little.

4. Gently mix vegetables, lentils, tomatoes, olives and cucumber and place in a serving bowl.

5. Dollop with dressing, garnish with coriander and drizzle with olive oil.



...continued



## METHOD

### Tips

- Keep leftover dressing in a jar where it will be fine for a week. You can also keep topping it up with extra lemon juice or olive oil to make it stretch further. Just shake up the jar again to re-emulsify.

### Variations

- Swap out ingredients freely: pumpkin instead of sweet potato, zucchini or broccoli instead of cauliflower, add greens like rocket or spinach or salad mix, change up the herbs – mint is always a winner! You can't really go wrong because there are a million ways to go right.
- If you don't have pomegranate molasses, try honey or balsamic vinegar.

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## SHOPPING LIST:

- Greek yoghurt (160 grams / 5.6 oz)
- Tahini (70 grams / 2.5 oz)
- Lemon (1)
- Olive oil (40 grams / 4 tbsp)
- Pomegranate molasses (20 grams / 2 tbsp)
- Sweet potatoes (2)
- Cauliflower (½)
- [Vadouvan Curry Powder](#) (2 tsp) → • or other spice blend of choice
- French-style lentils (1 cup) → • eg Le Puy
- Cherry tomatoes (handful)
- Olives (handful)
- Lebanese cucumber (1)
- Coriander sprigs
- Flaked salt



## NOTES & TIPS: