

Roasted Sweet Potato Salad / Chili sauce, Parsley and Cashew nuts Recipe

Ingredients

- 3 Sweet Potatoes
- 1 tablespoon Olive Oil
- 1 handful Parsley
- 1 handful Cashew Nuts
- 1/8 cup Sweet Chili Sauce
- Salt and Pepper to taste
- 1 Clove of garlic (optional)



Instructions

1. Preheat the oven to 400F. Peel (or don't bother peeling, and just give the skins a good scrub) and chop the sweet potatoes into a one-inch dice.
2. Mix in a bowl with olive oil to coat, add some salt and pepper and one chopped clove of garlic. Spread on a baking sheet, covered with parchment paper, and bake for 45 min, checking periodically to make sure that they don't burn. They should have a light toasted look when they're ready.
3. Let the sweet potatoes cool for about 10 minutes, then transfer to a serving bowl or platter, and drizzle with sweet chili sauce.
4. Then scatter chopped parsley and toasted cashew nuts overtop, along with some freshly ground pepper. Bon Appetit!
(Note: you can also cook the sweet potatoes by slicing them into rounds and cooking them on the barbeque for about 3-4 min per side, it's much faster, and looks very nice presented on a platter).