

Under 45 minutes

Serves 4-6

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Ingredients:

- Salt and milled pepper
- 2 large (about 800g) sweet potatoes, cubed and washed
- 2 tsp (10ml) olive oil
- 2 tsp (10ml) mayonnaise
- 2 Tbsp (30ml) low-fat yoghurt
- ½ punnet (5g) parsley, chopped + extra for serving
- 1 spring onion, chopped
- Sliced red onion, for serving (optional)

Method:

1. Preheat oven to 180°C.
2. Season sweet potato and drizzle with oil.
3. Arrange on a baking tray and roast for 25-30 minutes and allow to cool.
4. Toss mayo and yoghurt together and stir in parsley and spring onion.
5. Stir through sweet potato and scatter over red onion.
6. Serve with extra parsley.