

Sharing Salad with Sweet Potatoes & Pancetta

Servings: 6

Prep Time: 20min

Cook Time: 40min



Ingredients

- 2 medium sweet potatoes, peeled and halved
- 2 tbsp olive oil or avocado oil
- 250g green asparagus (fresh or tinned)
- 12 slices pancetta
- 70g rocket
- 25g pine nuts, toasted
- Parmesan shavings

For the dressing:

- 1 tsp Dijon mustard
- 1 garlic clove, crushed
- 1 lemon, zest finely grated and juiced
- 3 tbsp olive oil or avocado oil
- 1 tbsp flat-leaf parsley, finely chopped

Directions

1. Heat the oven to 200°C. Put the sweet potatoes on a baking tray, pour over the oil, season well and toss so they're well coated. Roast for 25 to 30 minutes, or until just soft and lightly browned, turning the slices after 15 minutes. Remove and allow to cool to room temperature.
2. Bring a large pan of salted water to the boil and cook the asparagus for 5 to 7 minutes (depending on the thickness). Drain and refresh under cold running water. Grill the pancetta for 2 to 3 minutes until crisp. Whisk all the dressing ingredients together in a bowl.
3. To serve, take a large platter and lay the slices of sweet potato over it, then some asparagus and pancetta. Scatter over the rocket and pine nuts and shave over loads of fresh Parmesan. Finally, drizzle over plenty of the dressing and serve.