Lunch

Sweet Potato Salad with Creamy Yogurt Dressing

Chunks of sweet potato, carrot and asparagus are boiled until tender, the broad beans and peas are defrosted in the hot pan, and everything is folded through a creamy dressing studded with spring onions, cornichons and Dijon mustard.



Nut free | Low fat

15 min	112	19 g	7.7 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 2 sweet potatoes, peeled and cut into 3 large chunks
- [ ] 1 carrot, peeled and cut into 3 large chunks
- [ ] 150 g bunch asparagus, tough stalks trimmed
- [ ] 50 g frozen broad beans
- [ ] 50 g frozen peas

For the dressing

- [ ] 150 g spring onions, trimmed and finely chopped
- [ ] 8-10 cornichons (baby gherkins) finely chopped
- [ ] 2 heaped tbsp 0% fat Greek-style yogurt
- [ ] 1 tbsp light mayonnaise
- [ ] 1 heaped tsp Dijon mustard
- [ ] good pinch pepper

Method

- [ ] 1 Set a pan of water boiling, then lower in the sweet potato chunks and the carrot and let them bubble away for 10 minutes.
- [ ] 2 After that, slide the asparagus into the same pan and carry on at a boil for another 5 minutes.
- [ ] 3 Test the asparagus for tenderness and lift it out, then check the sweet potato and carrot pieces, giving them a couple of minutes longer in the water if they still feel firm.
- [ ] 4 Once those chunks are cooked through, switch off the heat and tip the frozen broad beans and frozen peas into the hot pan, which thaws them while it keeps the rest of the vegetables from overdoing it.
- [ ] 5 Pour off the water, let everything cool, then chop the sweet potato and carrot into dice and cut the asparagus into slim little rings.
- [ ] 6 Whisk the chopped spring onions, cornichons, Greek-style yogurt, light mayonnaise, Dijon mustard and a good pinch of pepper together to make the dressing.
- [ ] 7 Working gently, fold the sweet potato, carrot, asparagus, broad beans and peas through the dressing, then serve straight away.

Nutrition Facts

Per serving

Calories	**112**
Total fat	1.4 g
Saturated fat	0.2 g
Sodium	Not listed
Total carbs	19 g
Fiber	5 g
Total sugars	7.7 g
Protein	3.6 g

diabic.com/recipes

Scan to open this recipe and its shopping list