

# All About Sweet Potato...

## Sweet Potato Salad



Serves: 4 pax

INGREDIENTS	NUTRITIONAL INFORMATION (per serving)	
<ul style="list-style-type: none"> <li>• 600 g soft tofu</li> <li>• 120 g mix salad</li> <li>• 40 g mix capsicum</li> <li>• 120 g Japanese sweet potato, sliced</li> <li>• 100 g cherry tomatoes</li> </ul> <p>Dressing</p> <ul style="list-style-type: none"> <li>• 20 g yellow mustard</li> <li>• 10 g olive oil</li> <li>• 1 tsp honey</li> <li>• 1 tsp apple cider</li> <li>• 1 sprinkle salt</li> </ul>	Energy (kcal)	165
	Carbohydrate (g)	9
	Protein (g)	9
	Fat (g)	9
	• Saturated Fat (g)	1
	• Polyunsaturated Fat (g)	3
	• Monounsaturated Fat (g)	4
	Cholesterol (mg)	0
	Dietary Fibre (g)	6
	Sodium (mg)	86

### Methods

1. Whisk the yellow mustard and oil together.
2. Slowly add the honey, apple cider and salt together.
3. Blanch the tofu in boiling water.
4. In a mixing bowl, add in all the ingredients and mix well.

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