

# Kumara and Pumpkin Salad with Coconut Lime Dressing

## Salad

2 Kumara (Oriental Sweet Potato), 1 inch diced  
½ Butternut Squash, 1 inch diced  
1 Red Onion, 1 inch diced  
1 Red Pepper, 1 inch diced  
¼ cup oil  
1 tsp salt  
1 tbsp honey  
½ cup roasted peanuts or cashews, rough chopped  
1 red chili, finely diced  
Fresh cilantro, to taste, chopped  
2 limes cut into wedges

## Dressing

¼ cup coconut cream  
2 tbsp mayonnaise  
3 tbsp lime juice

- 1) Pre-heat the oven to 400F. Toss the kumara, squash, red onion and peppers in the oil, salt and honey.
- 2) Arrange the veggies in a single layer on a tray lined with baking/parchment paper and roast for 30-35 minutes until tender.
- 3) Remove from oven, arrange on a serving platter or bowl, and sprinkle over the chili, nuts and cilantro.
- 4) For the dressing, combine ingredients in a screw top jar and shake well. Drizzle over the salad and serve