

SWEET POTATO AND WATERCRESS SALAD WITH QUICK LABANESH

Source: Home Cook by Thomasina Miers
Serves 4 – 6



- Sweet potatoes, unpeeled and cut into 3cm chunks or wedges – 1kg
- Red wine vinegar, plus extra for salad – 1½ TBSP
- Sunflower or light olive oil – 3 TBSP
- Coriander seeds, crushed with a pestle and mortar – ½ TBSP
- Rosemary needless – small handful
- Watercress – 50g
- Dukkah (good quality) – 50g

For the labnash

- Greek yoghurt – 300g
- Lemon, finely grated zest and juice – 1 pcs

1. Preheat oven to 180 °C (fan 160 °C)

Toss the sweet potatoes in a roasting tin with the vinegar, oil, coriander seeds, herbs and a good sprinkling of salt and pepper, then roast for 25 minutes.

2. Meanwhile, spoon the yoghurt into the center of a muslin set over a bowl with half the lemon zest and some salt and pepper. Stir briefly to combine. Tie a string to close the muslin round the yoghurt and hang over the bowl so that the whey can drip out. Leave to drain, squeezing the muslin occasionally while the sweet potatoes are roasting.

For a really firm labanesh, leave to drip overnight. If muslin is too much of a faff, you could try using a fine mesh sieve.

3. Put the roasted sweet potatoes in a bowl with the watercress and season, then toss with the lemon juice and an extra 1 TBSP or red wine vinegar. Make a gap in the potatoes and turn out the labneh from the muslin into the hollow you have made. Scatter over the rest of the lemon zest and sprinkle with the dukkah and extra oregano.

Serve with crusty bread