

Market Super Food Salad

- 2 carrots
- 1/8 squash
- ½ head of broccoli
- ½ beetroot
- 3 baby stem broccoli
- 1 tbsp Chimichurri (marinade from Snag Co)
- 3 radishes
- 1 handful of rocket
- 1 handful of Chick weed! Or watercress.
- 1 large sprig of parsley
- 1 sprig of dill
- 1/2 lemon zest and segments
- 1 handful of Macadamia nuts
- Guy's Spice peanuts
- 1 tbsp pumpkin seeds
- 2 tbsp soy sauce
- 2 tbsp sunflower oil



Dressing

- 2 tbsp extra virgin olive oil
- 1 tbsp apple cider vinegar
- 1 tsp Dijon mustard
- 1 clove of garlic, grated
- Pinch of brown sugar
- Salt and pepper



Method

- Peel and dice up the carrots and squash. Blanche in boiling salted water for 5 minutes until they still have a bite. Remove to a bowl.
- Heat 1 tbsp of oil in a pan. Whilst the oil is heating up, peel and dice the beetroot, add to the pan, and start to fry.
- Chop up the broccoli baby stem and head of broccoli into strips, then add to the beetroot with the chimichurri and continue to cook until tender. Season, then add to the bowl with the carrot and squash.
- Add the remaining sunflower oil to the pan then add the nuts and seeds. Toss in the pan until they start to colour. Add the soy sauce and cook until the nuts are glossy and sticky, take off the heat.
- Zest the lemon, peel, then cut into segments. Dice up and add to the bowl.
- Roughly chop up the couch weed and rocket, add to the bowl, along with the radish roughly chopped.
- Make the dressing by whisking together all the ingredients.
- Toss the salad, check the seasoning then serve with the nuts sprinkled over the top!

You could serve this with a side of grilled chicken or fish, or even fry off some haloumi...

If you want to bulk this up, add instant precooked brown rice with ancient grains – heated in the pan.



