

Super (Duper) Food Salad

Serves 6 if you have another dish with it.....otherwise 4 people



700g sweet potatoes, peeled and chopped in 2cm chunks

300g butternut squash, peeled and chopped in 2cm chunks

Pinch of dried coriander

Pinch of ground cinnamon

Large pinch of dried crushed chillies

Groundnut oil

Seasoning

350g of Broccoli

40g Mixed nuts, I used walnuts and Brazil nuts

1 pomegranate

Extra virgin olive oil

2 limes

Splash of balsamic vinegar

50g mixed sprouts (alfa alfa, radish etc)

Punnet of cress snipped off

Bunch of coriander chopped

A ripe avocado

Another punnet of cress snipped

30g feta cheese crumbled

Method

Oven at 200C or 400F or gas mark 6

Put the sweet potato and butternut squash in a large bowl. In a smaller bowl mix the coriander, ground cinnamon and dried crushed chillies and add some groundnut oil and mix well together. Pour over the sweet potato and butternut squash and mix around well until all of the sweet potato and butternut squash have a light coating. Transfer to roasting tin(s) making sure it is an even layer. Place in the oven until golden or crisp, approximately 20-25 mins.

Break off the broccoli into small florets. Place in a pan of boiling water and cook for approximately 3-5 minutes. Or steam for approx 3 minutes. Once cooked remove from heat and drain and leave to cool.

Remove the sweet potato and butternut squash and put aside to cool.

Put the nuts in a frying pan, dry, and toast on a medium to high heat for about 3 minutes. Place in a small food processor and whizz quickly to chop up the nuts. Alternatively put them in a pestle and mortar and crush lightly.

Cut the pomegranate in half. Squeeze the juice from one half into a large bowl and save the seeds from the other side for later in the recipe.

Measure the amount of pomegranate juice you have and then add twice as much extra virgin olive oil. Squeeze the limes and add the juice and a splash of balsamic vinegar, mix well and season to taste. If it tastes a bit oily add more lime juice. Taste again.

Now add the other ingredients to make up the salad. Add in the mixed sprouts, the punnet of cress and the broccoli and the coriander. Mix together.

Now add the sweet potato and butternut squash, mix really well together.

Spoon the salad into the serving dish.

Garnish with the avocado scooped out and dotted over salad. Sprinkle over the top the pomegranate seeds, the other punnet of cress, the feta cheese and the crushed nuts.

This dish is great served with a roast chicken.