

Brain Power Salad

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A tasty warm salad for both the meat-eater and the vegetarian. Use leftover meat, fish or chicken for this dish, or just simply boil up a few eggs.

Serves	4	Per serve	
Prep time	20 minutes	Carbs	13.5 g
Cook time	25 minutes	Protein	32.7 g
Difficulty	●●●	Fat	26.2 g
		Energy	405 Cal

INGREDIENTS

For the roast cauliflower:

- 1 cauliflower
- ½-1 red onion
- 1 tbsp olive oil
- ¼ tsp ground turmeric
- salt and freshly ground black pepper
- ½ cup cashews (or any nuts you have available)
- ½ tsp ground cumin
- ½ tsp smoked paprika
- pinch of chilli powder (optional)

For the tahini dressing:

- ¼ cup shaved or grated Parmesan
- 1 clove garlic, finely chopped or grated
- ¼ cup tahini
- juice of ½ lemon
- 2 tbsp water

To serve:

- 1 bag picked kale (or baby spinach leaves)
- 1 tbsp olive oil
- 300-400 g (about 1 cup) cooked chicken, meat or fish (optional)
- 2 tbsp Parmesan shavings (optional)
- pinch paprika

VEGETARIAN OPTION

To replace the meat/fish:

- 6-8 poached or hard-boiled eggs

METHOD

Pre-heat the oven to 180°C fan (200°C regular). Line an oven tray with baking paper.

Cut the cauliflower into medium-sized florets and roughly chop the onion, and spread them out on the prepared tray. Drizzle the oil over the vegetables and sprinkle with turmeric. Toss well to combine and season with salt and lots of pepper.

Roast the vegetables for about 15 minutes. Remove from the oven and sprinkle the cashews and remaining spices on top of the vegetables. Toss gently with tongs and continue to roast for 5-7 minutes, until the cashews are lightly toasted and the vegetables are tender.

Meanwhile, whisk together all the tahini dressing ingredients, seasoning to taste.

Place the kale in a bowl, and add a pinch of salt and a good drizzle of olive oil. Gently massage the kale with your hands to soften it.

To serve, place a bed of kale on the bottom of serving bowls. Top with the roasted mix and drizzle with tahini dressing. Top with the cooked chicken (or whatever protein you choose) and, if you like, some Parmesan shavings and a pinch of paprika.

