



Health Start Salad

COOKING TIME: 1 1/2 HOURS | SERVINGS: 2 LARGE SALADS

INGREDIENTS:

Salad:

- 6 cups kale leaves, finely torn/chopped
- 400 grams tinned chickpeas, drained and rinsed
- 1/2 cup pepita seeds
- 1 teaspoon smoked paprika
- 1/2 teaspoon ground cumin
- 1 cup cubed sweet potato (2cm cubes)
- 100 grams cherry tomatoes, cut in half
- 1 avocado, sliced
- 100 grams persian feta, crumbled
- 1/4 cup finely diced spring onions
- 1 tablespoons extra virgin olive oil
- 1-2 teaspoons salt
- 1/2 teaspoon cracked black pepper

Dressing:

- 1/3 cup tahini
- 2 tablespoons honey
- 1 tablespoon lemon juice
- 1 teaspoon salt
- 1 tablespoon olive oil
- 2-3 tablespoons cold water



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METHOD:

1. Pre heat oven at 200C fan forced.
2. Place sweet potato on a large lined baking tray and bake for approximately 50-60 minutes or until cooked.
3. Place chickpeas and pepita seeds on a separate lined baking tray, sprinkle with smoked paprika, cumin, salt and pepper and a drizzle of olive oil. Mix until coated and bake for 15 minutes.
4. To make the dressing, combine tahini, honey, lemon juice, salt, olive oil and water in a glass jar or small bowl and either shake or whisk until combined. I like to use a jar so I can store the remainder in the fridge.
5. Now this recipe makes two large salads so you can make two and dress one with the marinate and keep the other in the fridge for the next couple of days. In two large bowls divide the kale and massage the leaves for a minute to soften the leaves. Divide and top with the sweet potato, chickpeas, pepita seeds, spring onions, cherry tomatoes, avocado, Persian feta and drizzle half the dressing over one salad and keep the remainder in the fridge for when you are ready to have the other salad.
6. Store the second bowl of salad and dressing in the fridge covered for up to 5 days.
7. Serve with grilled chicken thigh fillets and enjoy.

TIPS/SUBSTITUTIONS:

- *Serve with grilled chicken thigh fillets, smoked or grilled salmon.*
- *Baby spinach leaves can replace kale.*
- *Roasted cauliflower can replace the sweet potato.*
- *Dressing can be kept in a jar in the fridge for up to 5 days.*