

ROASTED MORROCAN VEGETABLE SALAD

This warm salad is one of my families favourite and is so versatile in its ability to go with so many other foods. It can be eaten on its own, with grilled salmon (my kids personal preference) or chicken, panfried chickpeas or tempeh. And so super easy. Serves 4-5 people

INGREDIENTS:

4-5 potatoes (red are best)
2 sweet potatoes
1 cauliflower
1 broccoli
500gm frozen peas
Handful baby spinach
Moroccan spice mix
Oil of choice
Sesame seeds



METHOD:

- 1: Keep skin on potatoes (as this is where the digestive enzymes live so they help to break down the starch) and chop into small cubes into a bowl
 - 2: Break cauliflower into little florets and add to bowl.
 - 3: Sprinkle Moroccan spice and a 1/2 teaspoon sea salt onto vegetables
 - 4: Add oil (just enough to be able to coat everything lightly)
 - 5: Mix well and place on roasting dishes. Cook in oven at 180 degrees until golden and brown.
 - 6: Meanwhile in a saucepan add 1 cup water, the bag of peas and the broccoli florets on top. Cook until broccoli steamed (may need to come out earlier or alternatively steam them on their own) and peas just cooked. Strain
 - 7: When vegetables are cooked, mix everything together with the baby spinach, sprinkle with sesame seeds and serve with your favourite protein or other idea listed above. The final touches being some lovely mayonnaise dressing or just on its own.
- YUM YUM



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