

Moroccan Salad

This is one of our most popular deli dishes and now you can make it yourself too! The advantage of the home-made version is that you can make it look beautiful, so it's a great healthy side to serve for a crowd over the summer.

It's easy to do all the prep in advance and then dress it before serving. We tend to make extra dressing to serve in a jug on the side as it's so good! It has a vegan yoghurt base with the flavor coming from cumin, lemon and a dash of maple.

This dish is gluten and dairy free, as well as being vegan. It's packed with flavor and lots of healthy protein (from the quinoa, chick peas and pistachios.) Nutrifit approved!

INGREDIENTS

Salad

- 1 cup cooked quinoa (add veggie stock and turmeric to the water for flavour)
- 1 cup pomegranate seeds (1 pom) *
- 8 cups of green leaves
- 1 orange, peeled and sliced
- 1 cucumber, chopped
- 4 tbsps. crushed pistachios
- 1/2 cup chopped fresh cilantro
- 1/2 cup chopped fresh mint
- 2 cups chickpeas (garbanzos)

Dressing

- 1/2 cup plain coconut milk yogurt
- 1/4 cup olive oil
- 1.5 tbsp. maple syrup
- 1.5 tbsp. lemon juice
- 1 tsp. cumin
- White pepper and sea salt to taste

**strawberries or raspberries are also a great alternative if you are unable to find pomegranates*

METHOD

If prepping for one person in a jar, layer all the ingredients in except the leaves and dressing. Assemble at the last minute!

If prepping for a crowd, spread the greens over the base of a large dish. Once cool, spread the quinoa over the green leaves. Layer the pomegranate, chickpeas, cucumber and orange. Drizzle with the dressing and then top with the pistachios and herbs.

 approved recipe



←
SCAN FOR
E-RECIPE