

make
your
own...

This dish created by:



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Superfoods salad

Ingredients

1 avocado, stone removed, cut into ½cm slices
160g broccoli
200g diced cooked beetroot
160g chunky diced sweet potato
120g diced cucumber
200g frozen peas
200g quinoa
12g munchy seeds, omega mix
160g radicchio
200g finely sliced red onions
40g spinach leaves

Dressing

3 tbsp olive oil
1 tbsp white wine vinegar
5g French mustard
Salt and pepper

Serves 4

Suitable for Vegan | Vegetarian

Method

Cut broccoli into small florets. Blanch in boiling water for 1 minute, refresh and drain.
Place diced sweet potato onto grill tray spray with oil, season and roast in oven on 170 degrees for 6 minutes or until cooked.

Blanch peas in boiling water for 2 minutes, refresh and drain.

Rinse the quinoa under cold water. Tip into a saucepan, cover with water and bring to the boil. Reduce the heat and simmer for 15 mins until the grains have swollen but still have some bite. Drain, then transfer to a bowl to cool.

Wash radicchio and spinach.

Arrange into bowl of preference add dressing and enjoy.