

RECIPE

Warm Sprout Salad



NOURISH
FOOD SCHOOL

RECIPE

Warm Sprout Salad

SERVES
1 main or 2 sides

LEVEL
Easy

TIME
30 minutes

INGREDIENTS

10 sprouts	1 small orange or a clementine
2 tablespoons olive oil	1 tsp honey
1/4 teaspoon cumin	15g fresh coriander
1/4 teaspoon smoked paprika.	1 cos lettuce
1/4 teaspoon coriander	1/4 cucumber
1 spring onion	30g feta cheese
juice 1/2 lemon	1/2 red chilli

HOW TO MAKE IT

1. Preheat the oven to 180C
2. Remove the brown ends from the sprouts and any outer leaves that are damaged. Cut them in half and place on a roasting tray.
3. Drizzle over 1 tablespoon olive oil and the dried spices. Season lightly with salt and roast for 20 minutes.
4. **Meanwhile make the dressing:** finely slice the spring onion and place in a bowl.
5. Add a pinch of salt and squeeze over the juice of 1/2 lemon.
6. Finely slice the chilli and add to the bowl.
7. Remove the pith and peel from the orange and use your knife to cut into segments then put the segments into the bowl as well.
8. Add 1 teaspoon honey and 1 tablespoon of olive oil to the bowl.
9. Roughly chop the fresh coriander and add to the dressing bowl, stir then set aside.
10. Shred the lettuce and cucumber and arrange on a plate.
11. When the sprouts are cooked and lightly charred, add them to the bowl with the dressing and mix to coat the sprouts in the dressing.
12. Tumble the sprouts and the dressing over the salad then add a crumbling of feta cheese.