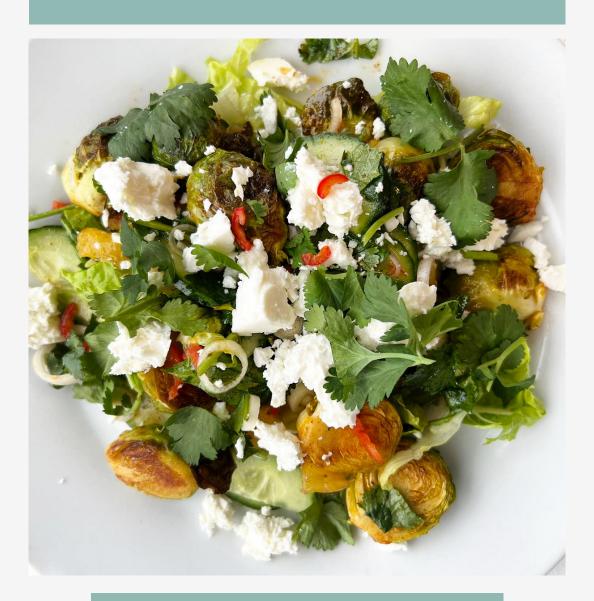
RECIPE Warm Sprout Salad





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SERVES 1 main or 2 sides LEVEL Easy

TIME 30 minutes

INGREDIENTS

10 sprouts2 tablespoons olive oil1/4 teaspoon cumin1/4 teaspoon smoked paprika.1/4 teaspoon coriander1 spring onionjuice 1/2 lemon

small orange or a clementine
tsp honey
fg fresh coriander
cos lettuce
d cucumber
g feta cheese
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.