

## NOURISHING 5-A-DAY SALAD



MINUTES TO PREPARE  
5



MINUTES TO COOK  
15



SERVES  
2

### INGREDIENTS

- 1 small cauliflower**, leaves removed and cut into small florets
- 1 tablespoon cold-pressed rapeseed oil**
- 1 tablespoon balsamic vinegar**
- 1 clove garlic**, peeled and crushed
- 1 medium courgette**, grated on the large grate
- 1 spring onion**, finely sliced
- 3 tablespoons Greek yoghurt**
- Juice of 1 lemon** (1/2 for tzatziki, 1/2 for chickpeas)
- 400g tin of chickpeas**, drained
- 2 tablespoons maple syrup**
- 75g sugar snap peas**, finely sliced
- 1 romaine lettuce**, thinly sliced
- Maldon sea salt**
- Freshly ground black pepper**

You will need a small roasting tray.

### LET'S GET COOKING

- 1 Preheat the oven to 200/375/gas 5.
- 2 Place the cauliflower in the roasting. Drizzle over the oil and balsamic. Season with a good pinch of Maldon sea salt.
- 3 Place in the oven for 5 minutes.
- 4 Meanwhile, make the courgette tzatziki dressing. Put the crushed garlic in a mixing bowl. Grate in the courgette and add the slices of spring onion. Stir in the Greek yoghurt, a teaspoon of rapeseed oil and the juice of 1/2 a lemon. Season with Maldon sea salt and freshly ground black pepper. Place to the side.
- 5 After 5 minutes, remove the cauliflower from the oven. Add the drained chickpeas, maple syrup and juice of 1/2 a lemon. Stir well. Return to the oven for a further 5 minutes.
- 6 Place the sliced sugar snap peas and lettuce in bowls. As soon as the chickpeas and cauliflower are ready, spoon them over the salad along with the juices. Finally top with the courgette tzatziki dressing.
- 7 Taste and adjust seasoning to your liking. You may like more salt, balsamic or lemon depending on your tastes.

*"If you are looking for a lunch that's hearty, wholesome and nourishing then give this recipe a go! Packed full of your 5-a-day, with chickpeas for added fibre and protein, this salad will fill you up and keep you going throughout the afternoon. Salads are often based on lettuce, tomatoes and cucumbers which are all water-based. Rather add in vegetables that will sustain your energy and you'll find that won't be reaching for the biscuits and cake by 4pm."*

*"This is a lovely example of what I call 'layering a plate'. The mix of contrasting layers of flavour, texture and colour are what help a meal to 'sing'."*