

Winter Vegetable Salad

Winter is not always the time of year we think of salads or even feel like salads. However it's the season for roasting and combining our amazing garden greens such as Kale, Cavalo Nero, Radicchio and the like.

Kale and Cavalo Nero as we know are our super greens- what does this really mean? Kale and Cavalo Nero are high in fibre so help our digestion which during winter can become more sluggish with the cold weather. They are full of Iron, Vit K, Vit A and C, Calcium, rich in antioxidants and are amazing for detoxing.



Brazil nuts are the highest form of Selenium, an essential mineral for our wellbeing. They are an anti-oxidant, immune booster and help support thyroid as Selenium is vital for the production of active thyroid hormone. You only need three or four Brazil nuts a day to get all the selenium you require.

½ cauliflower- cut into chunky florets

1 beetroot- cut into chunky pieces slightly smaller than the cauliflower

Place on a baking tray tossed in salt, pepper, nigella seeds and olive oil. Bake @180 C for 15 minutes or until al dente.

Soak ½ cup of golden raisins in 3 Tbspn raspberry vinegar and ½ cup of olive oil.

Roughly chop 10 Brazil nuts.

Thinly slice ¼ red cabbage and 6 leaves of curly kale

In a bowl toss everything together, leave for 10 minutes to marinate slightly and serve.