



# SALADS

## PLANT PROTEIN SALAD

### INGREDIENTS

- 1 large sweet potato
- 1 tsp curry powder
- olive oil
- 200g cooked quinoa
- 200g broccoli florets
- a few handfuls of spinach
- handful of fresh coriander
- 1 ripe avocado
- 200g edamame
- mixed seeds
- juice of 1/2 lime
- 1 Tbsp balsamic vinegar
- salt & pepper

### PREPARATION

1. Preheat the oven to 200°C. Peel the sweet potato, cut in bitesize chunks, add salt, curry powder and olive oil and massage with your hands to cover all of them well. Put on a baking sheet and roast until the edges are nice and crispy.
2. In the meantime, put the broccoli florets and edamame beans together in a steamer and steam for 3-5min, then cool down and set aside.
3. In a cup combine olive oil, balsamic vinegar and lime juice.
4. In a big bowl, combine quinoa, spinach, coriander, broccoli, edamame, avocado and roast sweet potato, pour the dressing over and sprinkle with mixed seeds.