

INGREDIENTS

- 2 cups Baby Spinach & Rocket
 - 1/4 Pumpkin, cut into thin wedges
 - 1 small Red Capsicum, cut into 2cm strips
 - 1 Zucchini, halved and cut into 3 strips
 - 1 small Red Onion, cut into thin wedges
 - 1/2 cup Chickpeas, rinsed and drained
 - 1 tsp Moroccan Spice Mix
 - 2 Tbsp Almond Oil
 - Sea Salt
 - 1/3 cup Roasted Almonds
 - 1/3 cup Plain Greek Yoghurt
 - 1/3 cup fresh herbs (mint, parsley etc)
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- 2 Tbsp Almond Oil
 - 2 Tbsp Lemon Juice
 - 1 tsp Mustard

INSTRUCTIONS

1. In a large mixing bowl toss pumpkin, capsicum, zucchini and onion with 2 Tbsp of almond oil.
2. Cook vegetables in batches over a pre-heated grill pan or BBQ until cooked through and charred.
3. Meanwhile, toss chickpeas with Moroccan spice mix and sea salt and set aside.
4. Prepare the dressing by combining the remaining oil, lemon juice and mustard well. Set aside.
5. Arrange leafy salad leaves onto a large serving tray. Top with chargrilled vegetables and chickpeas. Pour over dressing.
6. Top with almonds, dollops of yoghurt and fresh herbs.



Middle Eastern Salad



Serves 2



25 minutes

A vibrant and healthy salad perfect for lunches at home or work (just pre-cook the vegetables and mix the salad dressing the night before).

Tips:

- For extra colour and a fruity addition, garnish generously with pomegranate arils.

Recipe created by Live Love Nourish for

