

BRUSSELS SPROUTS AND LENTIL SALAD

Gluten Free, Dairy Free and Moderate Salicylate

Serves 2

INGREDIENTS

8 Brussels Sprouts
1 small carrot
¼ cup cashews
200g green beans
1 can lentils

Dressing

¼ of a peeled choko
¼ celery stick
1 clove garlic
4 parsley sprigs
1 Tbsp maple syrup
¼ tsp citric acid
2 Tbsp water



METHOD

Preheat the oven to 200°C (400°F)

- Slice the Brussels Sprouts in half vertically and place them cut side down on a baking tray lined with baking paper and a little rice bran oil
- Cook for 25 minutes
- Dice the celery and choko and crush the garlic
- Cook them until softened, in a saucepan with a little rice bran oil....then cool
- When cool, combine them with the parsley, maple syrup, water and citric acid, and blend to a smooth consistency. Set aside for the dressing.
- Cut the carrot into match sticks and the green beans to 2-3cm pieces and cook (steam, boil, microwave)
- Drain and wash the lentils and add the chopped cashews, green beans, half the carrots and half the dressing
- Stir the dressing through and place this into a bowl
- Top with the remaining carrot, Brussels sprouts and dressing

To Serve:

- Eat this as a stand alone lunch salad
- Combine it with a suitable meat (chicken, lamb, steak, allowed seafood)
- Serve with an evening meal