

LINDA LOVES

# WARM WINTER SALAD

📅 PERFECT FOR WINTER TIME ⌚ 1 HOUR 👤 4+



## Ingredients

2 Pks (Precooked) Multi grains  
1 Butternut Squash  
1 Parsnip  
2 Carrots  
1 Sweet Potato  
1 Pk of Feta Cheese  
1 Pomegranate  
1 Large handful of fresh herbs:  
Parsley  
Mint  
Coriander  
Dill

Toasted seeds, this could include:  
Sunflower Seeds  
Pumpkin Seeds  
Sesame Seeds

½ Cup of your favourite salad dressing (or make your own)  
Finish with salt and pepper (to suit)

## Cauliflower Steaks

1 Large Cauliflower  
1 Tablespoon Olive oil / Coconut Oil  
50g Grated Parmesan  
Pinch of salt and pepper



## Method

### Step 1:

Peel and dice the winter vegetables into small bitesize pieces.

Add the vegetables into a baking tray and place in the oven for 20-25 mins.

### Step2:

In a large serving bowl - layer all the ingredients together adding vegetables, toasted seeds, herbs, cheese and pomegranate seeds.

Step3: Add your favourite salad dressing (make it or buy it from the shops)

Step4: Slice your cauliflower into centimetre slices and roast in coconut oil for 15 mins.

Step5: Just before the cooking time is up, sprinkle the cauliflower steaks with some grated parmesan cheese.