

Delicious Vegetable Salad with Lime Dressing (Serves 4)

Ingredients:

30 ml olive oil
½ red onion, sliced
1 red and 1 yellow pepper, coarsely sliced
½ large or 1 medium sweet potato, washed and sliced into cubes
½ butternut, peeled and cubed
1 handful broccoli florets
Salt and pepper, to taste
250 g cocktail tomatoes, halved
½ packet baby spinach, rocket, watercress mix
200 g roasted chicken, shredded or diced
Fresh coriander leaves, for garnish
Optional: crumbled feta or goat cheese, toasted nuts (like almonds or pecans), or avocado slices

Dressing:

15 ml olive oil
100 ml low-fat milk or alternative milk
15 ml sweet chili sauce
1 red pepper, finely sliced
15 ml white balsamic vinegar
1 clove garlic, crushed
Juice and zest of 2 limes (or 1 large lemon) FRESH!!
30 ml fresh coriander leaves, chopped
Salt and pepper, to taste
Optional: a pinch of chili flakes for a spicy kick or honey for added sweetness

Instructions:

1. Roast the Veggies:

- Preheat the oven to 180°C.
- Microwave the sweet potato and butternut for about 5 minutes to soften them slightly.
- Toss the sweet potato and butternut cubes with 5 ml olive oil, salt, and pepper. Spread them out on a baking tray and roast in the oven for 25-30 minutes until golden and tender.
- For extra flavor, you can sprinkle the veggies with a touch of smoked paprika or ground cumin before roasting.

2. Prep the Broccoli:

- Microwave the broccoli florets for 2 minutes until just tender but still vibrant green. If you prefer a slightly charred flavor, you can also roast the broccoli with the sweet potatoes and butternut.

3. Assemble the Salad:

- In a large salad bowl, combine the roasted sweet potato, butternut, broccoli, red onion, bell peppers, cocktail tomatoes, and the baby spinach, rocket, and watercress mix.
- Add the shredded roasted chicken on top.

4. **Make the Dressing:**

- Whisk together the olive oil, milk, sweet chili sauce, white balsamic vinegar, crushed garlic, lime juice, lime zest, and chopped coriander. Season with salt and pepper to taste.
- For a bit of sweetness and balance, add a drizzle of honey or maple syrup. If you like a bit of heat, sprinkle in some chili flakes.

5. **Add Finishing Touches:**

- Pour the dressing over the salad and toss everything gently to coat.
- For extra deliciousness, top with 50 g of crumbled feta or goat cheese or 30 g of toasted nuts like almonds or pecans, or some creamy avocado slices.

6. **Garnish & Serve:**

- Finish with a sprinkle of fresh coriander leaves and serve immediately.

This salad adds richness with cheese, crunch with nuts, and creaminess with avocado, all while keeping the original freshness and vibrancy of the vegetables. Your gut will thank you. Enjoy!

Nutritional values per portion if you add the cheese and avocado. This is a complete meal.

Protein: 14.35 g

Carbohydrates: 27.10 g

Fat: 18.18 g

Fiber: 7.53 g

Energy: 1420.65 kJ (338.25 kcal)