

Vegan Goodie Bowl

Veggies never tasted so good!



What you will need for the Cashew Yoghurt

- Cashews 1 cup
- Lemon x 1
- Olive oil
- Garlic clove x 1
- Water
- Himalayan salt
- Dijon Mustard

What you will need for the Salad

- Mesclun lettuce
- Rocket (*arugula*)
- Brown lentils 1 cup cooked
- Carrots x 4
- Pumpkin 1/4
- Whole small beetroots x 4
- Walnuts handful toasted

- Red onion 1/2

**Opt for Organic where possible, especially the carrot and green leaves.*

What to do

1. Preheat the oven to 180 degrees celsius.
2. Soak your cashews for 3 hours and roast your veggies too then put them in the fridge to cool.
3. To roast your veggies, start with the whole beetroots. Line 2 baking tins (one for the beets and one for the other root veggies) with paper and then pop over some foil but don't let it make contact with the veggies. This will allow the veggies to bake without drying out (plus they will get steamed this way too). Wash your carrots and leave the skin on (if organic) then chop into large pieces so they look good on the plate. Cut up the pumpkin into thick wedges.
4. Drizzle a bit of coconut or olive oil on the root veggies and bake on 180 for about 45 mins.
5. The beetroots usually take about an hour and 20. You can tell they're ready if you pierce a knife in and it goes in easily.
6. When the beets are done let them cool and then peel the skins off (*makes it easier if you use a potato peeler once you've cut the ends off*).
7. Now it's time to get onto your cashew yoghurt. Rinse off the soaked cashews and add to a blender, along with the juice of the lemon, the crushed garlic clove, a few good cracks of salt, about 1/4 tsp of dijon mustard, a little olive oil and then whizz. Add bits of water as you go along depending on the consistency you want. The more water, the runnier the dressing. Then set aside.
8. If they're not already toasted, gently toast your walnuts in a fry pan on low-medium heat, making sure to watch them as they tend to brown pretty quick!
9. Wash your lettuce (*in a salad spinner if you have one*).
10. Finely slice the red onion and when everything is ready you can assemble your salad onto a plate. Don't forget to rinse your lentils until the water runs clear and finish off with a drizzle of the cashew yoghurt and you're good to go. ♥