

Warm Rainbow Salad

Serves: 4 | Detox Recipe | Gluten Free | Mains | Vegetarian



INGREDIENTS

1/2 pumpkin or butternut
 2 beetroot
 1tbsp olive oil
 1 block halloumi cheese
 2 cups fresh spinach
 1/2 cup chopped nuts
 Caramelised balsamic vinegar
 Salt & Pepper

METHOD

1. Pre-heat oven to 180°C
2. Peel and chop pumpkin into cubes, drizzle with olive oil and roast in oven for 40mins
3. Peel and chop beetroot into cubes, drizzle with olive oil and roast in oven for 40mins
4. Turn regularly to coat with olive oil
5. Slice halloumi finely and brown in a non stick or cast iron pan

To serve, add spinach to plates, add roasted vegetables and halloumi, sprinkle with nuts and drizzle with balsamic vinegar. Add salt and pepper to taste.

Will keep in a sealed container in the fridge for 3 days.

Did you know?

Pumpkin is a good source of B-carotene that converts to vitamin A in the body when needed. Vitamin A helps to improve the integrity of your mucus membranes which is a first line of defence against pathogens.