

POMEGRANATE SUMMER SALAD

by Fuchsia Goldsmith NZRD



“

I love the combination of light fruity flavours with marinated cauliflower and tempeh, cooling cucumber and a creamy plant-based dressing.

Complete with pomegranate gems and bright cucumber bites, this salad adds a festive pop to any dining table.

Ingredients

- 2 tsp ground turmeric
- 1 tsp sumac
- 1 tsp ground cumin
- 250g tempeh
- ½ head medium cauliflower, cut in florets
- ½ telegraph cucumber
- 1 red capsicum
- 1 cup baby spinach
- ⅓ cup silken tofu
- 1 ½ lemon juiced
- 1 x 400g can cannellini beans, drained
- 1/2 pomegranate, deseeded

Note: Using a lidded oven dish stops the cauliflower from drying out in the oven, without adding oil. Pairing green leafy vegetables with fruits and citrus increases your absorption of iron.

Directions

1. Prep: Heat oven to 210°C.
2. Make paste: In a baking dish, mix half of each spice (turmeric, sumac & cumin) with 1 tablespoon of hot water to form a paste.
3. Bake: Slice the tempeh and cauliflower, coat in the spice paste in the baking dish. Cover and bake for 20-30 minutes.
4. Dice the cucumber and capsicum, and wash the baby spinach.
5. Prepare dressing: mix 4 tablespoons of silken tofu with 1 tablespoon of cold water, ½ teaspoon of sumac, ½ teaspoon of ground cumin and juice of ½ lemon. Blend to combine with a hand-blender or food processor.
6. Assemble salad: in a large bowl, combine baby spinach, cannellini beans, cucumber, capsicum, cauliflower and tempeh with the dressing and toss well before topping with the pomegranate seeds.

PREP TIME: 15 MINS
COOK TIME: 40 MINS
TOTAL TIME: 55 MINS
SERVES: 4

Fuchsia Goldsmith is a plant-based dietitian based in Auckland, Aotearoa. She operates Feed Nutrition and practices as a kidney dietitian at North Shore Hospital. Fuchsia enjoys making plant-based eating easy, accessible and delicious.

