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NATUROPATH & MEDICAL HERBALIST

Spicy Rainbow Salad

I recently created this super food salad bowl, rich in the coloured goodness of veggies and protein rich eggs. It is a tasty and easy way of getting tonnes of nutrients into you! Herbs and spices should be added to as many of your foods as possible as they are potent sources of antioxidants, vitamins and minerals - and they make everything taste more delicious!

Serves 4 for light lunch or 2 for dinner.

Ingredients for Salad

- 1 large carrot grated
- ¼ red cabbage, finely shredded
- 1 small zucchini grated
- 3-4 spring onions – finely chopped
- 2 tablespoons finely chopped fresh herbs (I like parsley, mint and chives)
- 2 tablespoons of sunflower seeds, raw or lightly roasted
- 1 tablespoon of pepitas (green pumpkin seeds) raw or roasted
- 4 boiled eggs
- Mixed salad greens (I love baby spinach, rocket & bitter endive)

Dressing

- 2 tablespoons of organic free range mayonnaise
- 1-2 tablespoons of lemon juice
- 2 teaspoons of olive oil
- 1-2 teaspoons of quality curry paste (or use a mixture of dried spices of your choice)
- ½ teaspoon of quality salt flakes

Mix all dressing ingredients together until well amalgamated.

Method:

Mix grated and shredded vegetables together with herbs and spring onions. Add dressing to coleslaw base and toss through until well combined. Add seeds and mix in. I like to lightly pan roast (over low heat) the sunflower seeds and pepitas for extra crunchiness.

To Serve:

Arrange salad leaves in individual bowls and then top with the spicy coleslaw mixture. Add quarters of boiled eggs around the sides and serve!