

The Vegan Vamp

HEARTY AUTUMN SALAD

As the nights are getting colder, we crave something warmer. A great option for those who are low cal!



WHAT YOU NEED:

- 1 sweet potato
- 1 zucchini
- ½ cup farro
- 1 cup vegetable stock
- 1 ¼ cup water
- 100g mixed greens
- 10 cherry tomatoes
- ½ red onion
- 1 avocado
- 1 tbsp. Dijon mustard
- 1 tbs. lemon juice
- 1 tbs. mirin
- ¼ tsp. salt

HOW YOU DO IT:

1. Preheat oven to 180°C.
2. Add farro, ½ cup vegetable stock and 1 cup of water to a saucepan and bring to a boil. Reduce heat and let simmer for 20 minutes to finish cooking. When done, the farro will be chewy and have absorbed all of the liquid.
3. Chop up sweet potato and zucchini into bite-sized pieces. Add to a baking tray lined with baking paper and put in the oven to cook for 20 minutes (while farro is cooking).
4. In the meantime, make the dressing by adding ½ avocado, Dijon, lemon juice, apple cider vinegar, mirin, salt and ¼ cup water to a food processor and process until a smooth liquid has formed.
5. After 20 minutes, set farro aside and take vegetables out of the oven. Heat remaining ½ cup of vegetable stock in a fry pan and add in the roasted veggies. Cook until vegetable stock has been absorbed / evaporated. This is to re-hydrate them as we didn't use oil to roast.
6. Add lettuce, remaining ½ avocado (diced), cherry tomatoes (halved) and ½ can chickpeas (rinsed and drained) into a salad bowl. Top with farro and warm vegetables. Toss through with avocado dressing. Serve and enjoy!

NUTRITION FACTS

Serving Size 1 bowl

Servings Per Recipe 4

Amount Per Serving

Calories 306

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1g **5%**

Monounsaturated Fat 4g

Polyunsaturated Fat 1g

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 452mg **19%**

Potassium 859mg **25%**

Total Carbohydrate 52g **17%**

Dietary Fiber 11g **43%**

Sugars 7g

Protein 11g **21%**

Vitamin A 336%

Vitamin C 55%

Calcium 8%

Iron 11%

* The Percent Daily Values are based on a 2,000 calories diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate as the recipes here have not been professionally evaluated.

SERVES: 4

PREP TIME: 10 minutes

COOK TIME: 20 minutes

CALORIES PER SERVE: 306