

HEALTHY EATING WEEK

10TH - 14TH JUNE



ROASTED SPICED CAULIFLOWER SALAD

Did you know? According to the British Heart Foundation, employees who have a healthier lunch will be “healthier, happier, more productive and loyal, delivering better business outcomes” *

INGREDIENTS

Cauliflower - chopped	550g
New potatoes - quartered	400g
Red onions - wedges	100g
Pure olive oil glass	50ml
Street Food Masala Goa paste	100g
Everyday Favourites Medium Desiccated Coconut	200g
Chickpeas in water	800g
Everyday Favourites Cooking Salt	4g
Baby spinach - sliced	100g
Fresh mint	10g
Fresh lime juice	30ml
Pomegranate seeds	50g
Whole cashew nuts	80g
Red chilli - finely sliced	15g

METHOD

- 1 Mix the cauliflower, potatoes, red onions, oil and masala goa paste together and roast for 20 minutes, then allow to cool.
- 2 Toast the desiccated coconut and set aside to cool.
- 3 Place the mix into a clean bowl and add the chickpeas, salt, sliced spinach and mint. Tumble together.
- 4 Sprinkle with the toasted coconut, lime juice, pomegranate seeds, crushed cashews and chilli slices.



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INGREDIENTS

Everyday Favourites Diced Beetroot In Water	650g
Raspberries*	220g
Lime	1
Orchard Grove Cranberry Juice Re-Seal	1ltr
Greek yogurt	300g

METHOD

- 1 Place beetroot, raspberries, lime juice, cranberry juice and yoghurt in a blender and blitz until smooth.
- 2 Serve in a chilled glass.

BEETROOT AND
RASPBERRY
SMOOTHIE



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