

Salad with Honey Miso Dressing



Not just your ordinary salad, packed full of nutrients and antioxidants this delicious salad will be your new go to...

Ingredients

- 1 bunch broccolini, blanched and cut in half
- 2 cups spinach
- 1 cup green beans, blanched
- 350 g pumpkin, cut into cubes
- 4 radishes, thinly sliced
- 300 g tempeh, cubed
- 1 avocado, cut into wedges
- Miso Dressing
 - 2 tsp honey
 - 1 tbsp miso
 - 2 tbsp tahini
 - 2 tsp tamari or salt reduced soy (gluten free soy)

2 tsp sesame oil
1/2 tsp ginger, grated
2 tbsp rice vinegar/apple cider vinegar
2 tbsp extra virgin olive oil
2 tbsp water

Method:

1. Preheat the oven to 180C.
2. In a bowl, mix the pumpkin with a drizzle of olive oil, salt and pepper. Place on a baking tray (being careful not to overcrowd) and bake for 25 minutes or until tender. In a separate tray, place the tempeh with a drizzle of olive oil and bake for 35 minutes or until golden brown.
3. In a blender, blend all the ingredients together or alternatively you can use a whisk to mix the dressing until emulsified.
4. To assemble the salad, arrange the spinach, broccolini, beans, pumpkin, avocado and radishes on a serving platter. Top with the baked tempeh, and a drizzle of the miso dressing.