

OVERALL time: 20 mins

GRAINS & GREENS SALAD

Keep your next healthy meal within reach with this lunchbox-friendly Grains & Greens Salad, packed with the power of plants and elevated with a dash of **Cape Herb & Spice herby Steam Veggie Seasoning**.

Metric

Number of servings : 4

ingredients

Tahini dressing

- 15 ml **Cape Herb and Spice Veggie Steam Shaker**
- 1 cup Cooked quinoa
- 125 g Tahini
- 2 Large radishes, sliced
- 100 ml Water
- **Cape Herb and Spice Salt & Pepper**
- 1 Stalk celery, sliced
- 1 cup cucumber, seeds removed & diced

Salad

- 1 Large bunch fresh mint
- 1 cup Cooked pearl barley
- 1 cup Tenderstem broccoli, steamed & diced
- 1 ml **Cape Herb and Spice Atlantic Sea Salt**
- 1 cup Green beans, steamed & diced
- Olive oil, for dressing
- 0.25 cup Dried cranberries
- 1 cup Cooked lentils
- 30 ml Lemon juice

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 0 mins

For the tahini dressing:

Place dressing ingredients in a small bowl and whisk to combine.

Taste to adjust seasoning and add more Cape Herb & Spice Atlantic Sea Salt to taste.

Set aside until serving.

For the salad assembly:

Prepare salad ingredients.

Combine lentils, quinoa and barley in a large salad bowl.

Drizzle with a little olive oil and season well with Cape Herb & Spice Steam Veggie Seasoning.

Toss thoroughly so that the grains and lentils are well coated.

Add the broccoli, cucumber, green beans, radishes, spring onions, celery and dried cranberries.

Pour in a little tahini dressing and mix well.

You want to flavour the whole salad with just enough dressing so everything is lightly coated but not overly saucy.

Finish the salad with a scattering of fresh mint leaves and serve with extra tahini dressing on the side to drizzle over.

Refrigerate leftover salad in an airtight container for up to 5 days.

Enjoy chilled or closer to room temperature.

Top salad tip:

This is a great salad to use up a variety of legumes and grains you have in the cupboard.

Similarly - any robust vegetable you have in the fridge will work well like carrots, sugar snap peas, leftover roasted sweet potato etc.

Change up the ingredients with what you have or add in tinned beans for extra protein.

Plan and prep ahead by cooking extra grains or veg or legumes with your dinner.

Many grocery stores now sell precooked grains in pouches which can easily be microwaved and added for convenience.

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram |

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<https://www.capeherb.co.za>