

# THE HEALTH BOOST

happy healthy living

## festive salad



After all the excess of Christmas sometimes you just crave a salad. This salad would be perfect for a Boxing Day spread with some leftover meat. Or alternatively it's just as delicious for a lunch in the run up to Christmas or post-Christmas when the belt is beginning to squeeze a bit! I have included 2 dressings in this recipe. One is a more substantial tahini and turmeric dressing and the other is a citrus-flavoured vinaigrette. I will switch the dressings depending on the mood I'm in. This dish would be excellent for vegetarian, vegans or those looking at including less meat in their diets.

## INGREDIENTS

350g brussel sprouts

4 large stalks of kale

2 tablespoons of olive oil

1 pomegranate

100g peeled and cooked chestnuts

pinch of cumin seeds

pinch of chilli flakes

Tahini and turmeric dressing

1 heaped tablespoon of tahini

juice of 1 lemon

thumb-nail piece of fresh turmeric root or 1 teaspoon of ground turmeric

50ml of warm water

Citrus dressing

3 tablespoons of fresh squeezed orange juice

1 teaspoon Dijon mustard

2 tablespoons apple cider vinegar

2 tablespoons extra virgin olive oil

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## METHOD

- Finely slice the brussel sprouts either using a sharp knife or the slice attachment of your food processor and add to a large bowl.
- Remove the kale from the stalks, finely shred and then add to the bowl.
- Pour over 2 tablespoons of olive oil and give everything a good mix.
- Remove the seeds from the pomegranate and add to the bowl.
- Chop the chestnuts and also add to the bowl.
- Add the cumin seeds and chilli flakes and give everything a good stir to combine
- To make the tahini and turmeric dressing whizz all the ingredients in a food processor or blender.
- To make the citrus vinaigrette add everything to a small jar and give a good shake.

## THE HEALTH BOOST TIP

Brussel sprouts are part of the cruciferous family and a very important part of a healthy diet. Cruciferous vegetables have gained a big reputation for being anti-cancer due to their high phytonutrient content. Of particular interest is the compound Indole-3-carbinol, which has been shown to increase the rate at which oestrogen is broken down through the liver's detoxification pathway.

This is an excellent dish for vegans, especially if you use the tahini dressing. Tahini is a good source of protein, which is essential for growth and repair. Low protein intake can result in fatigue, low immunity, poor sleep and difficulty losing weight.