

Layered Christmas Salad



SERVES 4-6

Ingredients

Green layer

1 tsp garlic
2 bunch Broccolini
2 cups cut kale or spinach
1 zucchini sliced
½ cup chopped parsley

Red layer

1 chili sliced (optional)
1 red onion
1 red capsicum sliced
1 punnet cherry tomatoes sliced

White layer

½ head of cauliflower
½ cup coconut chips
1 packet feta
Dressing
Juice of 1 lemon
Balsamic and brown rice oil (2tbls)

Instructions

Green layer: place all ingredients in a Pan fry until kale or spinach starts to wilt. Don't overcook. Place in bottom of trifle dish or similar.

Red layer: place all ingredients in a pan fry until onion starts to sweat. Don't overcook, we want it to be crunchy. Place on top of green layer.

White layer: place all ingredients in a pan and cook gently. Place on top of red layer.

Dressing: shake ingredients together and when ready pour over salad. Let it all drizzle through,

Prior to serving crumble feta and add dressing.

