

Rainbow superfood salad

Prep: 20 mins
Cook: 5 mins
Serves: 4
GF, DF & V

Arame seaweed offers good amounts of iodine, iron, calcium and protein. The almonds and sesame seeds add minerals and protein. Avocado provides beneficial fats. Goji berries are high in vitamin C and fibre and are a good source of iron and vitamin A. Kale is packed with vitamin A and C, calcium and omega-3 fatty acids. There's a lot of different textures, flavours and colours in this one. Diversity is the key to a healthy gut microbiome.

Ingredients

- ½ cup dried arame
- 3 kale leaves
- ¼ red onion, diced
- 1 small carrot
- 1 stick celery, chopped finely
- 1 small carrot, grated
- 2 tbsp goji berries
- 3 tbsp almond slivers
- 2 tbsp sesame seeds
- 2 tbsp mint leaves, finely chopped
- Micro greens to garnish
- ¼ avocado, sliced
- 150 g cooked tempeh
- 1 tbsp avocado oil
- Dressing
 - 2 limes, juiced
 - 1 tsp ginger, finely grated
 - 2 tbsp rice wine vinegar
 - 1 tbsp mirin
 - 1 tbsp tamari
 - 1 tbsp sesame oil



Method

Cook arame according to packet instructions and let cool in a strainer.

Toast almonds and sesame seeds together in a dry non-stick pan and then let cool. Slice tempeh and fry on both sides with avocado oil. Set aside.

De-stem kale leaves and shred. grate carrot, slice celery and add to bowl with kale. Add goji berries, cooled sesame seeds and almonds, carrot, mint and onion. Then add arame and toss to mix. Add tempeh and decorate with avocado slices and micro greens.

Add all ingredients for dressing to a jar, and shake it until the ingredients are all combined well.