



CHARGRILLED ZUCCHINI SALAD WITH POMEGRANATE

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 20 mins

Cook time: 15 mins

Serves: 6

INGREDIENTS

- 3 large zucchini, thinly sliced (coarse potato peeler is good)
- 2-4 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 1/2 cup coconut yoghurt (plain)
- 1 tbsp tahini
- 1 tbsp honey
- salt and pepper
- juice and grated zest of 1 lime (or lemon)
- 60g-80g mixed lettuce leaves
- 1/2 - 1 cup mint leaves, roughly chopped
- 1/2 cup coriander leaves, roughly chopped
- 1/3 cup sunflower seeds
- 1/3 cup pumpkin seeds
- 1/2 pomegranate, seeds removed
- 1/4 cup water

METHOD

- Heat half the oil in frying pan, and chargrill zucchini, turning after a couple of minutes.
- Remove and set aside to cool
- To frying pan add sunflower seeds and pumpkin seeds (pepitas) and stir while toasting. Remove from heat and keep on plate to cool.
- In same pan toast cumin and smoked paprika, stirring over low heat, for 1 minute. This is where the rest of the oil may be needed. Transfer to a bowl.
- To the bowl with spices, add yoghurt, tahini, honey, lime juice, water, salt and pepper and stir together. (If too thick, add more water).
- On serving plate, place zucchini and mixed lettuce leaves, mint and coriander.
- Drizzle the yoghurt mixture over the top and sprinkle the seeds over that.
- To finish, sprinkle pomegranate seeds over the top, followed by the grated lime zest.
- Serve chilled.

