

# Winter Health Boosting Salad with Sage and Oregano

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## Ingredients

1½ cups cooked grain  
8 large sage leaves chopped roughly or finely, up to you  
3 tbsp roughly chopped oregano  
3 green onions (spring onions) cut finely – green and white parts – optional  
1 head of broccoli cut into long florets  
6 spears of asparagus cut into pieces  
Big handful of young silverbeet  
Splash of olive oil – optional – use water if you don't want to use oil  
Salt and white or black pepper to taste  
3 dollops of [cashew cheese](https://www.veets.com.au/blog/how-fermented-cashew-cheese-has-changed-my-life) per person  
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½ a sundried tomatoe per person soaked in boiling water for 10 minutes and then cut very fine  
Olives 6 to 7 each person

## Method

1. For the cheese; mix the sundried tomatoes with the cheese.
2. Place the oil in a wok. Let heat up for a minute then add the spring onions, oregano and sage and cook for a minute. Next add the broccoli and asparagus and cook for 3 to 5 minutes, stirring most of the time.
3. Add salt and pepper and the cooked grain and silverbeet, cook and stir on and off for 5 minutes or until everything is heated through.
4. Serve on a serving plate or platter, dollop on the cheese and sprinkle on the olives.



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