

Winter Salad with a Home Made Balsamic Glaze

Ingredients

4 large potatoes
½ cup water
¼ cup olive oil plus 2 tbsp olive oil plus a quick splash
2 cloves garlic minced
¼ cup lemon juice
Generous salt
Pepper
2 tbsp rosemary (no need to chop just remove from stalk)
½ cauliflower cut into florets
1 large bunch kale
1 cup cooked lentils or beans (whatever you have)
Salt
½ cup balsamic vinegar
3 tbsp agave, maple syrup or rice malt

Method

1. Place the potatoes in a baking dish with the water, ¼ cup of olive oil, crushed garlic, salt and pepper. Bake for 40 minutes in a hot oven (190°C) then check to turn the potatoes. You may need to add a bit more water. Add the rosemary and cook for a further 20 to 30 minutes or until tender and crisp.
2. Place the cauliflower with a sprinkling of salt and a quick splash of olive oil in a baking tray and bake for 20 minutes.
3. Once the cauliflower is baked place the torn up kale in the tray, rub through the 2 tbsp of olive oil and a sprinkling of salt and cook for 10 minutes or until wilted. Remove and then cut smaller if you wish.

Balsamic Glaze

1. Place the balsamic vinegar and sweetener in a saucepan and place on a medium heat. After 5 minutes turn to a simmer and leave on the heat for up to 20 minutes.
2. Turn off and let cool. Once cool see if it is thick enough to pour. If it is still thin then place on the heat again for another 5 to 10 minutes. Be mindful that it does thicken a little as it cools.

To assemble the salad, mix the cooked potatoes, cauliflower, lentils and kale. Place on a serving plate and drizzle on the balsamic glaze.



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