

## RAINBOW ROOT & BEAN SALAD

Think vibrant, wholesome, and utterly crave-worthy. This salad from Chef Michael is a celebration of everything good about UK-grown produce: nutty red fox peas and golden camelina seeds from Hodmedod's bring texture and fibre, while roasted beetroot, sweet carrots, and caramelised broccoli add colour, depth, and natural sweetness. Tossed with tender kale, creamy feta, and a zingy grain-mustard vinaigrette, it's a dish that's as satisfying to the eye as it is to the palate - perfect for a nourishing lunch or a show-stopping side.

🕒 **Prep Time**

15 min

🕒 **Cook Time**

15 min

🏠 **Serving Size**

Serves 4



## Ingredients

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100g dried carlin/red fox peas (or tinned chickpeas)  
2 medium beetroots, peeled & cut into wedges  
small head of broccoli, cut into florets  
2 medium carrots, cut into batons  
100g kale, tough stems removed  
1 small shallot, finely sliced  
½ red chilli, deseeded & finely sliced  
2 tbsp sunflower seeds  
1 tbsp camelina seeds (or pumpkin seeds)  
2 tbsp olive oil  
1 tsp fresh thyme, chopped  
Salt & black pepper

### Dressing

4 tbsp olive oil  
2 tbsp wholegrain mustard  
Juice of 1 lime  
1 tbsp cider vinegar  
1 tsp maple syrup  
1 tsp white miso paste  
1 garlic clove, crushed Salt & pepper, to taste

## Method

- 1 Soak peas overnight, then boil until tender (or skip if using chickpeas.)
- 2 Roast beetroot at 200°C with oil, salt & pepper for 30 mins until tender but with bite.
- 3 Roast carrots with oil, thyme, salt & pepper for 20–25 mins until slightly charred.
- 4 Roast broccoli with oil, salt & pepper for 15 mins until golden at edges.
- 5 Steam kale for 1 min, then squeeze out excess liquid.
- 6 Toast the seeds in a dry pan until golden.
- 7 Soak peas overnight, then boil until tender (or skip if using chickpeas.)
- 8 Toss all veg, peas, shallot, chilli & seeds with the dressing. Serve warm or cold.

