

# Superfood Salad

This vibrant salad is a powerhouse of antioxidants, healthy fats, and colourful plant foods. The citrus and berries make it refreshing, while the pistachios add a satisfying crunch.

The colours make this a great Christmas Salad.



## Ingredients

- Dark leafy greens (spinach and rocket)
- 1/2 punnet grape/cherry tomatoes
- 1 orange peeled and chopped
- 1 punnet blueberries
- 1/2 pomegranate, seeded
- 1/3 cup pistachios

Dressing:

- 4 tablespoons olive oil
- 2 tablespoons apple cider vinegar
- Juice of 1 blood orange
- 1 teaspoon chia seeds
- Pinch of salt

## Method

- Place spinach and rocket in a large salad bowl
- Add remaining salad ingredients except pistachios
- Whisk dressing ingredients together
- Add dressing immediately prior to serving
- Sprinkle with pistachios

Tips:

- I often make this salad without the dressing and just add the juices from cutting the oranges and deseeding pomegranate. If you don't add dressing, this salad will last 2-3 days as leftovers.
- Juice blood oranges when in season and freeze and store as ice cubes so you always have them on hand)