

OVERALL time: 40 mins

THE ULTIMATE FESTIVE SALAD

We are elevating our salads to the Ultimate level this December, so you and your family can enjoy an incredibly delicious, fresh and healthy Festive Salad. Go on, dig in!!

Metric

Number of servings : 4

ingredients

For the topping

- 200 g Pecan Nuts
- 50 g Brown Sugar
- 30 ml Butter, melted
- 30 ml Honey
- 5 ml Cape Herb and Spice Roast Veggie Seasoning

For the dressing

- 5 ml Honey
- 10 ml Dijon Mustard
- 15 ml Sherry or red wine vinegar
- 30 ml Freshly squeezed lemon juice
- 45 ml Extra virgin olive oil
- 5 ml Cape Herb and Spice Sprinkle Veggie Seasoning

For the main

- 300 g Mixed salad greens
- 0.25 Red onion, thinly sliced into petals
- 1.5 Large avocados, sliced
- 3 Nectarines, sliced
- 3 Radishes, thinly sliced
- 180 g Feta cheese, cut into chunky slices
- 1 Small bunch fresh mint, roughly torn
- 100 g Pomegranate rubies
- 10 ml Cape Herb and Spice Sprinkle Veggie Seasoning

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 20 mins

To make the candied pecan nuts:

Preheat oven to 180°C. Line a baking tray with baking paper.

Place all the ingredients in a bowl and season with the Cape Herb and Spice Roast Veggie Seasoning. Toss to coat well. Arrange in a single layer on the prepared baking tray.

Bake for 20 minutes until golden brown and sticky.

Carefully separate any pecans sticking together using two forks. Allow to cool and harden.

To speed up the process carefully move them to a wire rack.

To make the vinaigrette:

Combine all the ingredients in a small bowl and season well with the Cape Herb and Spice Sprinkle Veggie Seasoning. Whisk to combine and emulsify.

(Making vinaigrette in a glass jar is also easy and convenient.

Combine ingredients and shake. Store in the fridge as is.)

To assemble the salad:

Prepare all the fresh ingredients.

Squeeze a little lemon juice over the sliced avocado to prevent browning.

Layer all of the salad ingredients on a serving platter so that every spoonful gets a little bite of each ingredient. Finish with a scattering of pomegranate rubies for festive colour.

Season everything lightly with Cape Herb and Spice Sprinkle Veggie Seasoning.

Just before serving, drizzle with the vinaigrette and enjoy.

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://capeherb.co.za>

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