

Beetroot, Asparagus and Chickpea Soul Bowl serves 2

A colourful, highly-nutritious bowl-meal to nourish both mind and body.



Ingredients | Method

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| 1 beetroot | 1 avocado, sliced |
| 1 large carrot for roasting | 1 pear, sliced |
| 200g baby spinach | 5 fresh asparagus spears, trimmed |
| 1 zucchini, shaved in ribbons | 1 400g can chickpeas |
| 1 carrot, shaved in ribbons | 2 eggs, soft boiled, peeled and halved |
| 2 dessert spoons sauerkraut | Organic olive oil, salt, pepper, cumin |
| Bragg Salad Dressing | Toasted black and white sesame seeds |

Preheat oven to 175°C or 350°F.

- 1 Wash, peel and slice beetroot into 3-4mm thick pieces. Spread slices out on rimmed baking sheet, sprinkle with salt, pepper and pour in 1cm of water. Wash and cut carrot in slices or in half lengthwise and toss in a bowl with 2 tbsp olive oil, pinch of salt and ground cumin (to taste). Rinse and pat dry chickpeas really well and toss in bowl with 2 tbsp olive oil. Transfer to second rimmed baking sheet along with carrots and roast, together with tray of beets, for 20-25 mins/chickpeas for 40-45 mins or until crunchy on the outside.
- 2 Drizzle asparagus with olive oil and grill until just tender, about 5 mins.
- 3 In serving bowl arrange baby spinach, zucchini and carrot ribbons, sauerkraut, avocado and pear slices, grilled asparagus, roasted chickpeas, carrots and beetroot. Drizzle salad dressing over dish. Top with soft-boiled eggs and sprinkle with sesame seeds. Enjoy.

Bragg Salad Dressing can be purchased from Alchemy Café or your local health food store.

Recipe #26 – courtesy of Alchemy/Purple House

In what was once the village post-office, Alchemy Café has put Forth on the map. Regular customers and tourists from far and wide come for a taste of the healthy menu, entirely gluten free. Alchemy supports the local organic industry as much as possible, and uses only fair trade organic coffees and chocolates.



Come in for breakfast, morning tea, lunch and afternoon tea, with a wide range of menu options available. Enjoy coffee, teas, wines and ciders, juices, smoothies, soups, desserts and cakes. It's also a one-stop shop for gifts and all your organic ingredients.



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