

Raw vegie salad with birdseed and pomegranate

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A raw vegie salad is such an easy and tasty way to introduce raw vegetables into your diet on a daily basis. Eating raw vegetables means that you're receiving the full nutrient potential of that vegetable, as nothing is lost through the cooking process. Needless to say, selecting seasonal organic produce is ideal for this, but don't be too worried about following the recipe to the letter – use anything you like from your crisper.

Ingredients

- ¼ iceberg [lettuce](#), finely shredded
- ¼ small [red cabbage](#), finely shredded
- 1 large [beetroot](#), julienned
- ½ zucchini, finely sliced
- ½ red onion, finely sliced
- ½ granny smith [apple](#), julienned
- 3 radishes, finely sliced
- 1 handful of snow peas, strings removed, sliced in half lengthways
- 1 handful of flat-leaf parsley, leaves picked and roughly chopped
- 1 pomegranate, cut in half
- Salt flakes and freshly ground pepper
- 4 tbsp birdseed mix (chia seeds, poppy seeds, pumpkin seeds, sunflower seeds, sesame

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- seeds, flaxseeds or whatever you have in the pantry)
- 2 tbsps roughly chopped salted cashews

Lemon dressing

- 75 ml good-quality olive oil
- 2 tsp honey
- 1 tsp Dijon mustard
- Finely grated zest of 1 lemon and juice of 2 lemons
- Salt flakes and freshly ground pepper

Method

To make the lemon dressing, combine all the ingredients in a small bowl and season to taste.

Add the lettuce, cabbage, beetroot, zucchini, onion, apple, radish, snow peas and parsley to a large bowl. Add the lemon dressing to taste and, using your hands, carefully toss.

Hit the back of each pomegranate half with a wooden spoon so that the juicy seeds pop out onto the salad. Season and gently toss.

Transfer the salad to a serving bowl and sprinkle the seed mix and cashews over the top before

serving.

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