

# CHEESY SALAD

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## BEST FOR

- Morning Detox Drink
- Breakfast

- Lunch
- Mid-Meal

- Dinner
  - An Occasional Treat
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*We don't need to use real cheese to get a cheesy flavour in your salad. Simply blend soaked cashews with some flavouring and it tastes even better than Parmesan!*

## INGREDIENTS

SERVES 2 (If served with a soup)

- ½ cup soaked cashews
- ¼ cup coconut milk
- ½ small green chili
- 1 cup broccoli florets
- 1 cup thinly sliced baby corn
- 1 cup chopped red bell pepper
- 1 cup chopped yellow bell pepper
- 1 teaspoon rock salt
- 1 tablespoon dried oregano leaves

## PRE-PREPARATION

- Soak ½ cup cashews in water for about 6 hours
- Prepare coconut milk as mentioned on page 40.

## METHOD

1. Place the cashews, coconut milk and green chili into a blender and blend until smooth.
2. Steam the broccoli and baby corn together for about 5 minutes.
3. Pour the blended mixture into a mixing bowl. Add red bell pepper, yellow bell pepper, steamed broccoli, steamed baby corn, salt and oregano to the mixing bowl.
4. Mix well and serve.