

# Green and White Salad

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Enough for 3 people as a main

## Ingredients

1 cup quinoa soaked overnight or at least 4 hours  
1 tsp olive oil  
1 tsp herb salt  
1 cup Brussel sprouts cut into quarters (can choose another green veg)  
1 small head broccoli cut into florets  
1 bunch asparagus (woody end snapped off and cut small)  
Few green beans  
2 handfuls spinach  
Handful sugar snaps or snow peas (sliced thinly)  
1 avocado sliced

## Italian Dressing

6 tbsp Mayonnaise ([www.veets.com.au/blog/preservative-free-vegan-mayonnaise](http://www.veets.com.au/blog/preservative-free-vegan-mayonnaise)) or Cashew Cheese ([www.veets.com.au/blog/how-fermented-cashew-cheese-has-changed-my-life](http://www.veets.com.au/blog/how-fermented-cashew-cheese-has-changed-my-life))  
1 tbsp red or white wine vinegar  
2 tsp pomegranate molasses or maple syrup  
2 cloves cooked garlic minced  
2 tbsp chopped fresh basil or other Italian herbs (oregano, thyme)  
1 tbsp olive oil (optional)  
Salt and pepper to taste

## Method

1. For the dressing place everything in a bowl and whisk.
2. Bring a saucepan of water and 1 tsp olive oil and herb salt to the boil, add the quinoa and cook for 5 minutes or until the quinoa has little white tails showing.
3. Steam all the veggies except the sugar snaps or snow peas.
4. Mix the cooked quinoa and steamed veg together, serve on individual plates and top with the sugar snaps or snow peas and avocado. Serve with the dressing.



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