

Sautéed

Winter Greens with Beetroot Hummus

A HEALTHY AND VEGAN BRUNCH



Sautéed Winter Greens with Beetroot Hummus

CREATES: 2 SERVES

PREP: 20 MINS

COOK: 20 MINS

TOTAL: 40 MINS

V | VG | NF

INGREDIENTS

SAUTÉED WINTER GREENS

3 cups kale, stemmed
2 cups spinach, ends cut
1 bunch broccolini, ends cut
1 cup quinoa, rinsed
1 tbsp olive oil, more to taste
1 heaped tbsp minced garlic, more to taste
Serve with: lemon slices, avocado

APPLE CIDER VINAIGRETTE

3 tbsp apple cider vinegar
2 tsp dijon mustard
1 tsp maple syrup
1/2 tsp ground black pepper
1 shallot, ends cut off
1 cup oil or vegetable stock

BEETROOT HUMMUS

2 medium-sized beetroot, stems and roots cut
1 can chickpeas, drained and rinsed
2 heaped tbsp tahini
1/4 cup lemon juice (freshly squeezed is best)
Drizzle of olive oil or vegetable stock

SAUTÉED WINTER GREENS

1. Cook quinoa according to package instructions. Let it cool.
2. Drizzle olive oil in a medium-sized saucepan over medium-high heat.
Add in garlic and saute until golden brown.
3. Add in kale and spinach. You might need to do it in batches but the greens will shrink in size. Saute the kale for 6-8 minutes and the spinach for 2-3 minutes. Add more garlic and drizzle olive oil over the greens if desired.
4. Heat oil over a griddle or grill pan. Grill the broccolini and lemons until slightly charred.
5. Serve with dressing (below), beetroot hummus (below), avocado and lemon slices.

APPLE CIDER VINAIGRETTE

1. Preheat the oven to 190°C.
2. Wrap the shallot in aluminium foil. Roast for 1 hour (same time as beetroots below). When done, remove from oven and let it cool completely.
3. Place the shallot in a blender or food processor. Add in vinegar, dijon mustard, maple syrup, black pepper and olive oil/vegetable stock. Blend until the shallot is pulverised and everything is mixed together.
Adjust according to taste.
4. Pour dressing over the quinoa and winter greens.

BEETROOT HUMMUS

1. Preheat the oven to 190°C.
2. Pour vegetable stock into a deep bowl. Dip and roll the beetroot around the stock making sure it coats the entire surface. Shake off any excess.*
3. Wrap beetroots in aluminium foil individually. Roast for 1 hour or until very soft and tender. When done, remove from oven and let it cool completely.
4. Unwrap the foil and peel the skin. Place the beetroot flesh into a food processor.

5. Add in chickpeas, lemon and tahini. Blend until smooth, scraping down the sides if necessary. If using olive oil, pour it in once everything is blended and pulse a couple of times.^
6. Transfer to a bowl or air-tight container and serve with the winter greens. The hummus will keep for about a week

NOTES

*This is my whole foods alternative to drizzling olive oil over a vegetable that is about to be roasted. It's healthier and produces exactly the same results. But of course you can use oil instead too!

^Personally I try not to use olive oil in my hummus if the consistency is smooth enough for my liking.

Additional notes:

HOW TO MAKE IT WHOLE FOODS

- Sautéing the greens with vegetable stock (it's easier and yummier than you think!). However, I do agree the consistency is slightly different to using oil
- Grilling the broccolini without oil - make sure the griddle pan is super hot. Alternatively you can bake it in the oven at a high temperature
- I've shown how I omit oil in roasting my vegetables by immersing them in vegetable stock above!
- Adding vegetable stock or water instead of oil into the hummus