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Zucchini Noodles + Sweet Potato Salad with Avocado Dressing

Ingredients:

2 sweet potatoes
3 zucchini
½ cup unsalted cashews
2 handfuls of pomegranate seeds
10 fresh basil leaves

Dressing

¼ avocado
¼ cup unsalted cashews
2 teaspoons cider vinegar
1 tablespoon light olive oil

Try This:

- Add 1 teaspoon harissa paste or tahini to the dressing, or a handful of chopped fresh herbs (basil/parsley/cilantro).
- Make the dressing a dip by adding a dollop of natural yogurt, extra cashews and avocado.

Peel the sweet potatoes and cut into small cubes. Place in a pan, cover with water and add a pinch of salt. Bring to a boil and cook for 6–8 minutes until cooked through. Drain and rinse in cold water to cool quickly.

While the sweet potatoes are cooking, trim the zucchini, then spiralize into thin strands (alternatively, shave into ribbons with a peeler, discarding the watery center). Toast the cashews for the salad in a dry pan over medium heat for 2 minutes until lightly golden.

Blitz all the ingredients for the dressing together in a food processor or blender. Season with salt and pepper to taste and loosen with a little water, if necessary.

To pack: Divide the zucchini noodles and sweet potato between the lunchboxes and sprinkle with the pomegranate seeds, torn basil and toasted cashews. Pack the dressing separately.



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