

# Kate's Plate

Takes 20 minutes | Serves 4

GF, NF\*, SF, OF\*

**Ever batch cook for the week, then get bored with the same old flavours day in day out? Meet Kate's Plate. Set aside any reservations you might have - this is a party in your mouth.**



## Potato salad

- 4 medium sized potatoes, boiled
- 2 spring onions, finely sliced
- 2 tbsp chopped chives
- few borage leaves / edible weeds (optional)
- 1 red onion, diced
- $\frac{1}{3}$  c vegan aioli
- $\frac{1}{2}$  tsp apple cider vinegar
- $\frac{1}{2}$  c pumpkin seeds

## Sautéed cauliflower leaves

- 1 c kale, sliced
- 1 c red cabbage, chopped
- $\frac{1}{2}$  tsp turmeric
- $\frac{1}{2}$  c almonds, toasted

## Toasted chickpeas

- 400g can chickpeas, drained
- 2 cloves garlic, sliced
- 1 tsp cumin
- $\frac{1}{2}$  tsp salt

## Coconut banana

- 1 banana, sliced
- juice of  $\frac{1}{4}$  lemon
- $\frac{1}{4}$  c desiccated coconut

- 1 cucumber, sliced in batons
- 2 plums, sliced

- 01 Potato Salad: Mix together, then keep chilled while preparing the other components so the flavours can intensify.
- 02 Sautéed Cauliflower Leaves: Sauté in a little olive oil or water. Toast the almonds in a small pan for a few minutes until golden, then set aside ready to sprinkle on top.
- 03 Toasted Chickpeas: Toast together in a frying pan with a little olive oil.
- 04 Coconut Banana: Covered bananas in lemon juice, then toss in coconut.
- 05 Slice the cucumber and plums, then layer into individual bowls with each component placed separately.

\* See the Notes section inside Cooking School for dietary substitutions, tips, and more.