

Spelt, lentil, Celeriac & Pears



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SERVES 4, VEGAN, HIGH PROTEIN



INGREDIENTS:

100g pumpkin seeds
2 tbsps. of tamari soy
sauce
4g rocket
40g watercress

40g chard
1 tbsp of olive oil

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EQUIPMENT:

Baking tray
mixing bowl
serving bowl

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METHOD:

1. Mix the pumpkin seeds with the tamari and spread out on a baking tray.
 2. Place in a preheated oven on 150°C For 10 minutes.
 3. Combine all the ingredients together and ready to serve.
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