



Millet with Pomegranate Walnuts + Kumara

3 cups cooked millet (or any other grain such as quinoa, freekah, brown rice etc.)

2 kumara, cubed

1 bunch kale, finely chopped

1 red onion, finely chopped

Large handful of mint, roughly chopped

Hemp oil

Dressing:

1 tsp Apple cider vinegar

2 Tbsp water

1 Tbsp hemp oil

1 Tbsp pomegranate molasses

Pinch of salt

Juice of 1 lemon

Method:

Preheat oven to 200 degrees Celsius.

Place cubed kumara on a baking tray and bake for approx. 25mins or until softened and golden. Once cooked remove from the oven and allow to cool slightly.

For the dressing, add all ingredients to a cup and mix to combine.

To a big salad bowl add, cooked millet, kumara, kale, onion, mint + dressing. Gently toss to combine. Avocado at the end and to one final toss and drizzle with hemp oil.