



two raw sisters

TWO RAW SISTERS-TURMERIC GREEN SORGHUM SALAS AND MANGO LIME CASHEW BUTTER ICE CREAM

Turmeric Green Sorghum Salad

- 1 Cup Sorghum
- 3 Cups of Water
- 2 Zucchini, Sliced Lengthwise
- 2 Heads of Broccoli, Cut Into Florets
- 1/2 Cup Cashew Nuts, Roasted
- 1/2 Cup Shelled Edamame Beans (Could Also Use Peas)
- 3 Leaves of Kale, Leaves Removed and Finely Cut
- 1 Spring Onion, Finely Chopped

- Big Handful of Fresh Herbs (We Used a Mixed Coriander, Mint, Basil)
- 3 Tablespoons Extra Virgin Olive Oil
- Juice + Zest of 1 Lemon
- 1 1/2 Tsp Ground Cumin
- 1 Tsp Ground Turmeric
- 2 Garlic Cloves, Crushed
- Sea Salt + Black Pepper
- Chilli Flakes

Method

Preheat Oven To 200°C.

Place the Sorghum and water into a saucepan and bring to the boil. Place a lid on top and reduce to a simmer for approximately 60mins. Drain and set aside to cool.

Place the broccoli florets on one baking tray and the sliced zucchini on another. Drizzle both with olive oil and salt. Place in the oven to cook.

Cook for 15mins on fan-bake. For the last 5mins, change the oven function to grill. You may need to grill vegetables for a little longer depending on your oven. You want the vegetables to be nice and crispy + golden.

Once the sorghum and the vegetables are cooked. Add to a big bowl along with all of the remaining ingredients. Season generously with sea salt and cracked black pepper.

Mango Cashew Butter Ice Cream

Serves 2

Ingredients

- 2 cups Mango, frozen
- 1/4 cup lime Juice
- 2 Medjool Dates
- 2 Tbsp Cashew butter
- 3 Tbsp Coconut oil
- 1 tsp Vanilla bean paste

Method:

Blend all ingredients in a blender until smooth and creamy. Eat immediately or store in fridge. Freeze until you're ready to eat it!