

Less than 45 minutes

Serves 4

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Ingredients:

Tropical dressing:

- 1 cup (170g) mango chunks
- Pulp of 2 fresh passion fruits
- 2 cloves garlic, minced
- Grated peel of 1 lime
- 1 Tbsp (15ml) Dijon or wholegrain mustard
- ½ cup (125ml) olive oil
- 1 Tbsp (15ml) honey
- Knob ginger, grated
- 1 tsp (5ml) curry powder
- Salt and milled pepper

Caramelised coconut:

- 2 cups fresh coconut chunks, shaved, or coconut flakes
- 1 Tbsp (30ml) canola oil
- 2 Tbsp (30ml) soy sauce
- 1 tsp (5ml) smoked paprika
- 1 Tbsp (15ml) maple syrup, honey works well too
- ½ cup (125ml) each bulgur wheat, barley and buckwheat, cooked
- Handful fresh parsley, chopped
- Salt and milled pepper
- 350g broccoli florets or Tasty Stem broccoli
- 1 packet (125g) sugar snap peas
- 1 packet (250g) asparagus
- 1 avocado, cut into chunks
- 2 kiwi fruits, one cubed and one sliced

- ¼ cup (60ml) dried cranberries

Method

1. Preheat oven to 160°C.
2. Blitz dressing ingredients in a blender until smooth. Season.
3. Toss caramelised coconut ingredients together, season and spread out on a baking tray lined with baking paper.
4. Bake for 20-30 minutes until crispy.
5. Combine the cooked grains and parsley in a bowl. Season.
6. Boil broccoli, peas and asparagus for 1-2 minutes, then refresh in ice-cold water.
7. Spoon mixed grains on a serving platter and arrange the blanched vegetables on top.
8. Add avocado, kiwi fruit, cranberries and a generous sprinkle of caramelised coconut.
9. Serve drizzled with dressing, as is or with your favourite protein.

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