

Turmeric walnuts & chicory salad

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Turmeric has long-revered powerful anti-inflammatory and antioxidant effects, making this an all-round superfood crowd-winner, which will take pride of place at your table.

Ingredients

For the walnuts

- 75 ml runny honey
- ½ tsp ground turmeric
- Pinch of chilli flakes
- Pinch of sea salt
- 100 g walnuts

For the salad

- 2 lemons, halved lengthways, pips removed and sliced into thin segments
- 2 tbsp walnut oil (or other)
- 4 chicory heads, outer-leaves removed and inner core sliced into quarters
- 50 g pea shoots or watercress

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- 75 g broad beans, cooked as per packet instructions
- Handful of fresh oregano leaves
- Salt and pepper

Method

Preheat the oven to 180°C. Put the honey, turmeric, chilli flakes and salt into a small bowl and whisk to combine. You should have a thick paste – add a little water to loosen if necessary.

Add the walnuts and stir so they are well coated. Spread the mixture out onto a lined baking tray and roast for 15 to 20 minutes, or until golden but still a little sticky. Remove from the oven and set aside until needed.

Increase the temperature of the oven to 200°C. Bring a small pan of water to the boil, then add the lemon wedges and blanch for a few minutes. Transfer to a large ovenproof dish or roasting tin and spread out in a single layer. Drizzle over the oil and a sprinkling of salt, then roast in the oven for 15 minutes, or until the lemon slices have started to turn golden and charred at the edges.

Add the chicory, and a little more oil if needed, and cook for a further 5 minutes. Remove from the oven and allow to cool. To serve, toss the pea shoots through the lemon and chicory, then scatter over the walnuts, broad beans and oregano. Finish with a little salt and some freshly ground black pepper.

This recipe is a taste of [The Goodness of Nuts & Seeds](#) by Natalie Seldon. Published by Kyle Books and available at all good bookstores, \$19.99

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