



# Mache and Sunflower Sprout Salad with Pomegranate,

NIBBLEDISH CONTRIBUTOR

## Ingredients

### **Salad Ingredients:**

(serving size 4-6 salads)

14 oz package mâche

1/2 cup sunflower sprouts

4 radish (shaved paper thin)

1/2 celery root - about 1/2 cup (peeled and shaved paper thin)

Seeds from 1/2 of a pomegranate (about 1/4 cup)

1/4 cup pistachio

1/4 cup shaved parmesan

Freshly grated pepper

### **Dressing:**

Juice from one blood orange

2 tsp olive oil

1 tsp whole grain mustard

---

---

1 tsp balsamic vinegar

Pinch of salt

Pinch of pepper

## Instructions

Rinse the mâche and sunflower sprouts really well. I also trimmed the ends of the sunflower sprouts to clean them up a bit. Sunflower sprouts are soooo good! One of my favorite little additions to a salad.

Celery root is a funny little root. It certainly doesn't look very cute from the exterior but boy oh boy does it taste good. Again, you'll want to use your mandolin or a super sharp knife to get the celery root super thin. To remove the hard exterior, just cut it off using a sharp knife.

Once the celery root is shaved, shave the radishes super thin too.

Cut your pomegranate in half, remove the seeds and clean them up a bit. Put them aside until it's time to put the salad together.

Mix all of the ingredients for the dressing in a small bowl and season with salt and pepper.

Now it's time to assemble the salads. I plated each salad instead of having one big bowl. Start with the mâche, add the sunflower sprouts, shaved celery root, radish and top with shaved parmesan. Dress very lightly with the blood orange vinaigrette, add the pistachio and pomegranate seeds and finish with fresh cracked pepper.