

Roasted asparagus & broccoli salad

(Serves 4)

Promote production of 3-indolepropionic acid (IPA) and reduce production of trimethylamine (TMA) with this recipe rich in polyphenols.



Ingredients:

- 500g chat potatoes, washed and cut into quarters
- 1 medium head of broccoli, washed, cut into bite-sized pieces
- 8 asparagus spears, washed, cut into 1.5 cm pieces
- 2 tbsp Olive oil, plus extra for roasting
- 2 tsp garlic powder
- 2 tsp onion powder
- ½ tsp dried thyme
- 2 cloves garlic, peeled
- 1 lemon, zest and juice
- 2 tbsp Greek yoghurt
- 2 tsp maple syrup
- 1 tsp Dijon mustard
- 2 scallions, thinly sliced
- ¼ cup fresh parsley, chopped, without stems
- 1 ½ cups edamame (if frozen, thawed)
- Salt
- Optional: spinach leaves, roasted chestnuts, slivered almonds, walnuts

Method:

1. Preheat oven to 220°C. Line a baking tray with baking paper.
2. Bring a medium saucepan of water to boil and add a pinch of salt.
3. Once the water is boiling, add in the potatoes and cook for 10 minutes until tender. Strain the potatoes and place them on the lined baking tray. Season the potatoes with salt, half the garlic and onion powders and add the garlic cloves to the tray. Drizzle the potatoes and garlic with olive oil, toss to coat the potatoes and then spread the potatoes into a single layer on the tray. Cook on the bottom rack of the oven for 25–30 minutes.
4. On a separate lined tray, add the broccoli and asparagus. Season with thyme, salt and the remaining garlic and onion powder. Drizzle with oil and toss to coat. Spread out the broccoli and asparagus in a single layer. Cook on the top rack for 12–15 minutes.
5. Remove the roasted garlic and smash into a paste with the back of a spoon. Add to a bowl with lemon zest and juice, yoghurt, oil, maple syrup, mustard and a pinch of salt. Mix together until creamy and well combined. Set aside.
6. In a large bowl add roasted potatoes, broccoli, asparagus, scallions, parsley and edamame. Pour half the dressing over and toss together. Add more dressing, if desired. Serve as a side or main meal.
7. Optional: Add spinach leaves for a bigger polyphenol hit and top the salad with roasted chestnuts, walnuts or slivered almonds.