



Ireland international soccer professional Stephanie Roche, who came to world attention when she came second in the FIFA Puskas 2014 Goal of the Year Awards (beating out the likes of Ronaldo and Messi) is our Health & Wellbeing Ambassador.

She supports our Healthwise initiative, a central part of our commitment towards delivering quality of life services and providing our customers with the knowledge and insights on how to live a healthy lifestyle and the importance of a balanced and varied diet. As a professional athlete, the right nutrition is critical to her performance on the pitch and here's a recipe for one of her favourite salads...

Red pepper and sprout salad with cashew cream dressing, 1-2 servings

115g unsalted cashew nuts (need to be prepared the night before)
1 red pepper seeded and diced
100g mung bean, chickpea or another mixed sprout variety
½ cucumber
5 cherry tomatoes halved
½ avocado
Juice of ½ lemon
Small bunch of parsley, basil or coriander finely chopped
5ml of toasted pumpkin seeds, sunflower seeds or mixed seeds
Pinch of smoked paprika

- Put the nuts into a bowl that can take heat and cover with boiling water. Leave overnight to soften
- Process the nuts in a blender with any remaining water until smooth. If necessary add more water or a little lemon juice
- Peel the cucumber and slice, half the tomatoes and dice the avocado. Add the sprouts, lemon and herbs
- Place on a plate, bowl or even in a kilner jar, add the cashew cream and sprinkle with the seeds

"I love this crunchy salad with great textures and colours – the cashew cream adds a creaminess that is delicious."

Stephanie Roche