

Quick Superfood Salad

This a wonderful nutritious salad – so packed with goodness!

Equipment:

Food processor or grater

Ingredients:

100g of watercress, spinach and rocket mix

60g of baby kale

4 small medium raw beetroots

1 yellow pepper

¼ cup of sunflower seeds

¼ cup of pumpkin seeds



For dressing:

¼ cup of walnut or olive oil

¼ cup of balsamic vinegar

2 tbsp of balsamic syrup

1 tsp of sea salt

Serves: 4 people as a side

Prep time: 10 minutes

Method:

1. Toast the sesame and sunflower seeds on medium heat in a dry pan until the seeds turn lightly golden and start to pop. Remove and let them cool (place in the freezer for a few minutes to speed this up).
2. Deseed the yellow pepper and grate coarsely.
3. Wash and cut the stems and roots from the beetroot. Finely grate.
4. Add all ingredients to a large bowl and mix.
5. Pour all dressing ingredients into a small container with lid and shake
6. Lightly pour dressing over salad and toss. Add a little first and gradually add to taste.
7. Bon Appetit :)

Top Tips: To boost protein and nutrition even more, add 1 cup of cooked quinoa. The above green leafs come in 100g and 60g bags in Tesco.