

**Superfood salad** (Serves 1)

*Superfoods are high in vitamins, minerals and special antioxidant substances that help to fight infection, inflammation and disease. Start with green salad leaves, the darker the better, and then add some colour and delicious taste – ‘eating the rainbow’ ensures you will get the best from a variety of vegetables and fruits. The dressing is simple and you need very little for a great taste*

Choose some green leafy veg: as much as you like and any combination of: baby spinach, oak leaf lettuce, radicchio, rocket, kale, rocket, beet leaves etc

¼-½ ripe avocado

A little lemon juice or lime juice (optional)

¼ Mango

1 small cooked beetroot

1 large ripe tomato

½ Pepper (any colour)

1 tbsp mixed seeds (eg pumpkin, sunflower, chia, poppy, hemp…)

**For Balsamic Dressing** (10 portions, keeps well in fridge):

50ml Balsamic vinegar

100ml olive oil

1tsp Dijon mustard, pinch sea salt and ground black pepper

Place ingredients in a jug, whisk well together and pour into a bottle or jar with a lid to store.

1. Wash leaves in a basin of cold water, place in salad spinner, spin and when leaves are well drained, put them into your salad bowl
2. Add ¼ - ½ avocado, depending on size, peeled and cut in chunks and add to the bowl. Squeeze a little lemon or lime juice over it to complement the flavour and prevent it turning brown if you like.
3. Wash and cut into chunks and add to the bowl
4. Peel mango, cut into chunks and add to the bowl
5. Cut pomegranate horizontally in half (leaving the stalk end intact), hold skin side up over your salad and bash the pomegranate skin with a heavy spoon or rolling pin. The seeds will tumble out into your salad with no mess and none of the woody white pith
6. Cut washed pepper and cooked beetroot into bite-sized chunks and add to the bowl
7. Sprinkle over seeds and a little dressing. Toss all together and enjoy!