



Simple Side Salad

I always have a bag of salad leaves and spinach in the fridge. A few simple ingredients will bulk out any meal or create a fuller plate.

BASE:

- 1 handful of salad leaves (washed)
- 1 handful of spinach leaves (washed)
- 1 x plum tomato quartered or 5-6 cherry tomatoes

CHOOSE 2-3:

- 10 black / green olives in brine sliced
- 2 x sundried tomatoes diced
- ½ red pepper sliced
- ¼ cucumber
- 1 tablespoon of sweetcorn

DRESSING:

- 1 tablespoon of cottage cheese
- 1 tsp of wholegrain mustard
- 1 tablespoon of hummus
- Mix 3 parts olive oil with 1 part Apple Cider Vinegar or Balsamic Vinegar and drizzle over with 1 wedge of squeezed lemon
- 1 teaspoon pesto drizzled over



TO MAKE MORE OF A MEAL ADD SOME PROTEIN:

- Add ½ sliced avocado per person
- 2-3 slices of parma ham
- ½ mozzarella ball
- 40g grated hard cheese
- 1 boiled egg
- 1 small tin of tuna in brine
- Lean grilled chicken breast
- ½ tin chickpeas