

Healthy Salad



Ingredients

A selection of 5 different vegetables (eg lettuce, cucumber, tomato, beetroot, carrot, sweetcorn, pepper etc)

A protein of your choice (fish, meat, hard-boiled egg, pulses)

A fat of your choice (cheese, salad dressing)

A carbohydrate of your choice (bread croutons/cooked pasta)

Method

Wash and peel your vegetables.

Chop and grate your vegetables into a variety of shapes to add texture to your salad.

Arrange attractively in your container.

Add any dressing (if using).

Mix in your cooked pasta (if using).

Arrange your fish/meat/cheese/egg /pulses on top.

Finish with croutons (if using) and serve.