



## Energy Salad

(makes 1 serving)

*You can really play around with this salad, adding more or different lightly-steamed greens if you wish, substituting whatever proteins you have in stock and adding toasted mixed nuts and seeds in place of the flaked almonds. you can also opt for a different dressing - but - I wouldn't recommend it as this one is a real winner!*

### Ingredients

#### **For Salad:**

Mixed salad leaves

Steamed green beans and broad beans (shell these before adding)

Spring onions, very finely sliced

Grated raw courgette/zucchini (wiped but not peeled)

Grated apple (wiped but not peeled)

Beansprouts

Cold, cooked chicken, turkey, duck or venison, finely sliced **and/or** cooked, drained and rinsed chickpeas (try and get the ones that come in jars - they are always tastier than the ones in tins)

Natural cottage cheese

Toasted flaked almonds

#### **For Dressing:**

2 tablespoons white wine vinegar

1 tablespoon rice wine vinegar

1 teaspoon soy sauce

½ garlic clove, peeled and minced

½ inch piece fresh ginger root, peeled and minced

1 teaspoon sesame oil

4 tablespoons avocado oil

### Method

Steam the green beans and broad beans and leave to cool a little.

Prepare the dressing by mixing everything in a jar or whisking in a bowl.

Pile everything except the dressing into a container.

Keep the dressing separate and mix in just before serving (don't drench the salad).