



Omega Salad

(makes 2 servings)

A good daily dose of Omega 3 fatty acids are crucial for a sharp brain and a lean and healthy body and a mixed lunchbox salad is a great way of getting a load of them into your busy life. Experiment and create your own tasty and portable combinations.

Ingredients

For Salad:

Mixed raw greens - spinach, kale, watercress, parsley and Brussels sprouts - all very finely sliced

Lightly steamed broccoli and cauliflower florets

Kidney beans (tinned are fine - rinse well)

Omega 3-rich eggs - boiled, cooled, shelled and halved

Cold, cooked mackerel, sardines, rainbow trout, prawns or crabmeat **or** strips of grass-fed beef, lightly sautéed **or** tofu, cubed, coated in olive oil and baked in the oven until crisp

Mixed seeds (pumpkin, sunflower, hemp, sesame) and fresh walnut halves

For Dressing:

2 tablespoons extra virgin olive oil

2 tablespoons unrefined flaxseed/linseed oil

1 tablespoon apple cider or white wine vinegar

1 teaspoon grainy or smooth mustard

Drizzle of runny honey

Sea salt and black pepper to taste

Method

Sauté the beef (if using).

Bake the tofu (if using).

Steam the broccoli and cauliflower florets.

Boil the eggs.

Prepare the dressing.

Pile everything except the dressing into a container.

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