

Green Goddess Salad

light and herby fresh



A vibrant and refreshing salad packed with greens, topped with a delicious herby dressing.

Prep Time: 20-25 minutes. Cook Time: None (no cooking required).

Ingredients:

For the Salad (Total: 560g):

- 100g Asparagus, blanched and cut into 2-inch pieces
- 100g Broccoli florets, blanched
- 100g Cucumber, thinly sliced
- 140g Fresh spinach leaves
- 80g Lettuce, roughly chopped
- 10g Spring onions, thinly sliced
- 1 Apple (approx. 30g), thinly sliced

For the Dressing:

- 6 tbsp White vinegar
- Juice of 1 Lemon
- 2 Garlic clove, minced
- 2 tsp Fresh ginger, minced
- 1 cup Fresh mixed herbs (parsley, coriander, chives, and mint)
- Salt and pepper, to taste
- 1/2 tsp Chilli flakes (optional, for a little kick)

Method:

1. Blanch the asparagus and broccoli in boiling water for 1-2 minutes, then plunge into cold water to stop the cooking. Drain well.
2. In a large bowl, combine the spinach, lettuce, cucumber, blanched asparagus, broccoli, spring onions, and apple slices.
3. In a small bowl, blend together the white vinegar, lemon juice, minced garlic, minced ginger, and fresh herbs. Season with salt, pepper, and chilli flakes (if using). Adjust seasoning to taste.
4. Drizzle the dressing over the salad and toss gently until everything is well coated and serve immediately.

Chef's Tip

Dress your salad per portion to keep it fresh. You can consider swapping in 30g of feta cheese with your protein for that meal.