



5 MINS RAINBOW SALAD BOWL

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

Salad:

- 2 cups baby spinach
- 1 cup cherry tomatoes, sliced
- 1 or 2 avocado, cubed
- 1 tin (300g) sweetcorn
- 1 tin (400g) chickpeas
- 1 red pepper, chopped
- 200g mozzarella, cubed
- 1 cup fresh parsley, chopped

Dressing:

- 2 tbsp of green pesto
- 2 tbsp greek yoghurt
- 2 tbsp olive oil
- Water to thin it down to desired consistency

METHOD

Salad:

- Mix all ingredients together in a large bowl and toss
- For extra protein, I like to add some tinned tuna, leftover chicken, or some tinned sardines or mackerel.

Dressing:

- Add all the ingredients to a glass jar and mix
- Cover with lid and shake well

PREP TIME

Prep time: 10mins