



LENTIL, BEETROOT & SALMON SALAD BOWL

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

250g pouch cooked Beluga lentils
2 cooked beetroot, from a pouch, sliced
50g bag of wild rocket leaves
2 red chicory, sliced
2 salmon fillets, grilled or poached, skin removed
Pinch of black sesame seeds
4-6 tablespoons of Asian style sesame salad dressing

Not a fish lover? Swap for leftover roast chicken

PREP TIME

Prep time: 5mins

Cooking time: 20mins

METHOD

- Pre heat oven at 180C
- To grill the salmon fillets, add to a roasting tin, drizzle with olive oil, sprinkle with sesame seeds, and slide in the oven for 20mins.
- Meanwhile, in a bowl, add the rocket leaves and chicory.
- Slice the beetroot and add to salad bowl.
- Heat the lentils according to pack instructions (if want them warm).
- Add lentils to salad bowl.
- Once cooked, flake the salmon with a fork and add to the bowl.
- Add salad dressing and mix everything together until well combined.