



SALADS



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LEAVE LOCKDOWN LEAN

1. GOATS CHEESE, PEAR AND WALNUT SALAD
2. EASY GREEK ZOODLE SALAD
3. MEDITERRANEAN SALAD
4. QUINOA SALAD WITH CHILLI TOFU AND POMEGRANATE RELISH
5. GRILLED PUMPKIN TOFU AND BULGAR SALAD
6. GRILLED CHICKEN AND PINEAPPLE SALAD
7. HOT SMOKED SALMON AND QUINOA SALAD
8. GRILLED VEGETABLE SALAD WITH TUNA
9. CAESAR SALAD
10. SUNSHINE SALAD
11. RAINBOW QUINOA SALAD WITH TURKEY
12. SUPERFOOD TAHINI SALAD
13. SUNDRIED TOMATO AND TAHINI SALAD
14. REAL DETOX SALAD
15. DETOX SALAD
16. CITRUSY QUINOA SALAD
17. TUNA AND BROCCOLI SALAD WITH HONEY VINAIGRETTE
18. BALSAMIC GLAZED BEETROOT AND GOATS CHEESE SALAD
19. CHICKEN SALAD WITH AVOCADO DRESSING
20. MANGO AND CHICKEN SALAD
21. RED KIDNEY BEAN AND MACKEREL SALAD
22. TUNA AND POTATO SALAD WITH ORANGE DRESSING
23. SPINACH SALAD WITH CHERRIES AND BASIL
24. CHIPOTLE CHICKEN SALAD BOWL
25. CHICKEN ORANGE AND WALNUT SALAD
26. CHICKEN, WALNUT AND CHICORY SALAD
27. NICOISE SALAD WITH GRILLED SHRIMPS
28. VEGAN CAESAR SALAD
29. MOROCCAN COD AND BULGAR SALAD
30. PESTO ZOODLES WITH PROSCIUTTO
31. GRILLED CHICKEN AND GRAPEFRUIT SALAD
32. GOATS CHEESE AND STRAWBERRY SALAD
33. BBQ MEXICAN CORN SALAD
34. WATERMELON AND FETA SALAD
35. BURITTO BOWL WITH GRILLED CHICKEN
36. GREEN SUSHI SALAD WITH CRISPY TOFU
37. KALE AND TOFU SALAD WITH PEANUT BUTTER DRESSING
38. BALSAMIC BEETROOT SALAD WITH FETA
39. WINTER BEAN SALAD
40. WARM SALMON AND QUINOA SALAD
41. MEXICAN SALAD WITH ROASTED SWEET POTATO



GOATS CHEESE, PEAR AND WALNUT SALAD

NUTRITION PER SERVING: 379 kcal, 28g Fats, 26g Carbs, 10g Protein

WHAT YOU NEED

3.5 oz. (100g) mix salad leaves
1 ripe pear
2 tbsp. lemon juice
3.5 oz. (100g) goats cheese
1.1 oz. (30g) walnuts
1 tbsp. honey
1 tbsp. olive oil

SERVES

2 people

PREPARATION

10 minutes

COOK

0 minutes

WHAT YOU NEED TO DO

Divide the salad leaves onto 2 plates.

Peel the pear, and cut into quarters, cut out the seed nests, cut the quarters into bite-size pieces. Transfer into a bowl and drizzle with lemon juice. Take the pears out of the lemon juice and add them to the salad leaves.

In the bowl with lemon juice, add honey, olive oil, and salt, to taste. Mix well and set aside.

Crumble the goat cheese over the salads and top with chopped walnuts. Drizzle with the earlier made dressing and serve.



EASY GREEK ZOODLE SALAD

NUTRITION PER SERVING: 267 kcal, 25g Fats, 7g Carbs, 10g Protein

WHAT YOU NEED

For the salad:

- 1 cucumber
- 8.8 oz. (250g) cherry tomatoes
- 2 spring onions
- 3.5 oz. (100g) feta cheese
- 1.1 oz. (30g) black olives

For the dressing:

- 1 tsp. dried oregano
- 1 tbsp. lemon juice
- 2 tbsp. olive oil
- 1 large garlic clove, crushed

SERVES

2 people

PREPARATION

10 minutes

COOK

0 minutes

WHAT YOU NEED TO DO

Cut the ends of the cucumber and spiralize it into a bowl. Cut the cucumber “noodles” in 2-3 parts, to shorten them.

Cut the cherry tomatoes in halves, chop the spring onions, and cut the feta into cubes. Add everything to the cucumber.

In a cup or small bowl, mix the ingredients of the dressing, then drizzle over the salad and mix gently. Divide between two plates and serve.

This salad is also a perfect side for grilled meats.



MEDITERRANEAN CHICKEN SALAD

NUTRITION PER SERVING: 381 kcal, 29g Fats, 10g Carbs, 45g Protein

WHAT YOU NEED

For the dressing:

- 2 tbsp. lemon juice
- 2 tbsp. olive oil
- ¼ tsp. herbs de Provence
- 1 tsp. minced garlic
- 1 tbsp. apple cider vinegar

For the salad:

- 2 3/8 cups (300g) chicken breast, cooked, chopped
- ¼ cup (30g) feta cheese, crumbled
- 2 cups (150g) iceberg lettuce, chopped
- handful parsley, chopped
- handful basil, chopped
- 1 small red onion, finely chopped
- ¼ cucumber, chopped
- 6 cherry tomatoes, halved
- 10 black olives, sliced

SERVES

2 people

PREPARATION

10 minutes

COOK

0 minutes

WHAT YOU NEED TO DO

First prepare the dressing by mixing all the dressing ingredients together in a cup. Season to taste with salt and pepper.

Next, prepare and chop all the salad ingredients and place in a bowl. Pour over the dressing and mix well.

Divide between two bowls and serve.



QUINOA SALAD WITH CHILLI TOFU AND POMEGRANATE RELISH

NUTRITION PER SERVING: 522 kcal, 17g Fats, 62g Carbs, 20g Protein

WHAT YOU NEED

1 ¼ cup (200g) firm tofu
1 cup (200g) quinoa, cooked
2 tsp. chili powder
¼ tsp. smoked paprika
2 tsp. honey
2 tbsp. orange juice
1 tbsp. olive oil
1 pomegranate, seeded
½ small red onion, finely chopped
1 tbsp. orange zest
2 tbsp. fresh mint leaves, chopped
½ avocado, diced

SERVES

2 people

PREPARATION

15 minutes

COOK

15 minutes

WHAT YOU NEED TO DO

Wrap the tofu in a paper towel or dish cloth, and leave a heavy item on top for at least 15 minutes to press out excess moisture.

In the meantime, make the marinade by mixing together the chili powder, paprika, honey, 1 tbsp. orange juice and olive oil. Season with salt and pepper. Cut the tofu into 1/2" slices and coat them in the marinade for at least 10 minutes.

Cook the quinoa according to instructions on packaging.

In the meantime, make the relish, by mixing together the pomegranate, onion, orange zest and 1 tbsp. of juice, mint and a pinch of salt and pepper. Set aside.

Preheat a non-stick grill pan and fry the tofu for about 15 mins, turning halfway, until edges are browned.

To serve, divide the quinoa between two plates, top with slices of tofu as well as relish and avocado on the side.



GRILLED PUMPKIN, TOFU AND BULGAR SALAD

NUTRITION PER SERVING: 360 kcal, 22g Fats, 38g Carbs, 10g Protein

WHAT YOU NEED

2 ¼ cup (500g) pumpkin, cubed
 1 tsp. sweet paprika
 1 tsp. hot paprika
 2 tsp. dried rosemary
 1 tbsp. olive oil
 1 tbsp. honey
 1/3 cup (40g) walnuts, chopped
 1/4 cup (55g) of bulgar wheat
 few handfuls spinach
 2/3 cup (80g) tofu, drained
 1 tbsp. balsamic glaze

SERVES

2 people

PREPARATION

10 minutes

COOK

20 minutes

WHAT YOU NEED TO DO

Heat the oven to 200C (400° F).

Season the pumpkin with salt and pepper, paprika powder and rosemary. Cover well with olive oil and honey.

Put the pumpkin on a baking tray lined with paper. Bake in the oven for about 20 minutes, halfway through cooking time add the walnuts and drained tofu.

Place the bulgur into a small pot, and add 3/4 cup of water, season with salt and bring to boil. Simmer under cover for about 20 minutes until tender, and the liquid is absorbed.

Add the cooked bulgar to the roasted pumpkin on the baking tray and mix, collecting the whole flavour from the roasted pumpkin. Add the spinach and mix well.

Divide onto plates, season with freshly ground pepper and drizzle with balsamic glaze. This dish can be served warm or cold.



GRILLED CHICKEN AND PINEAPPLE SALAD

NUTRITION PER SERVING: 356 kcal, 16g Fats, 34g Carbs, 27g Protein

WHAT YOU NEED

For the salad:

- 7 oz. (200g) chicken breast
- 4 slices pineapple, canned
- 2 handfuls salad leaves
- 1/3 cup (10g) mint leaves
- 1/2 small onion, finely chopped

For the dressing:

- 2 tbsp. olive oil
- 1 tsp. ginger, grated
- 1 clove garlic, minced
- 1 lime, juiced
- 1 tsp. honey
- Tabasco, optional

SERVES

2 people

PREPARATION

10 minutes

COOK

13 minutes

WHAT YOU NEED TO DO

Mix the ingredients of the dressing in a salad bowl, season with salt. Add in the spinach and mint leaves and let it rest.

In the meantime, cut the chicken breasts in half, horizontally (you will end up with 4 chicken fillets), place on a hot grill pan, and cover each chicken breast with a slice of pineapple, season with black pepper. Grill for around 6-8 minutes, then turn and grill for another 5 minutes (at this stage remove the pineapple and let it grill next to the chicken).

Remove from the heat and let the chicken rest 3 minutes, then, cut it into strips.

Add the chicken to the salad together with sliced pineapple and finely chopped onion, mix before serving.

Vegetarian option: replace the grilled chicken with fried or baked tofu or feta cheese.



HOT SMOKED SALMON AND QUINOA SALAD

NUTRITION PER SERVING: 458 kcal, 24g Fats, 35g Carbs, 26g Protein

WHAT YOU NEED

1 cup (185g) cooked quinoa
 1 tsp. coconut oil
 1 small red onion, chopped
 ½ cup (75g) Mangetout
 2 handfuls bean sprouts
 2 large Romanian lettuce leaves
 6.3 oz. (180g) hot smoked salmon fillet

SERVES

2 people

PREPARATION

10 minutes

COOK

5 minutes

For the dressing:

1 tbsp. olive oil
 1 tbsp. tamari sauce
 1 tbsp. rice wine vinegar
 1 tsp. grated ginger
 1 tbsp. honey

WHAT YOU NEED TO DO

Heat the coconut oil in a pan and stir fry the onion for about 3 mins. Then add in the mangetout and cook for another 2 mins. Take the pan off the heat and stir in the bean sprouts. Now add in the cooked quinoa, season with salt and pepper and mix well.

Divide the salmon fillets into bite size pieces. Chop the lettuce and divide it between two plates, making a bedding for the salad. Now divide the quinoa between the plates and top it with the smoked salmon pieces.

Combine all the dressing ingredients and drizzle 2 tbsp. over each salad to serve.



GRILLED VEGETABLE SALAD WITH TUNA

NUTRITION PER SERVING: 320 kcal, 24g Fats, 13g Carbs, 12g Protein

WHAT YOU NEED

1 lemon
 ¾ cup (160g) tuna pieces in sunflower oil
 ½ cup (15g) fresh mint
 1 garlic clove, crushed
 2 zucchinis
 2 ¾ cups (350g) asparagus
 ½ cup (50g) pistachio nuts, peeled and chopped

SERVES

4 people

PREPARATION

10 minutes

COOK

10 minutes

WHAT YOU NEED TO DO

Clean the lemon, grate the skin and squeeze out the juice. Drain the tuna, but collect the oil.

Remove the leaves from the sprigs of mint and place in a high cup with the lemon zest, lemon juice, and tuna oil. Add in the garlic and blend until smooth. Season with pepper and salt.

Cut the zucchinis into slices and sprinkle with salt and pepper. Heat the grill pan and grill the zucchini for 6 minutes, turning halfway. Then cook the asparagus for 4 minutes, turning halfway.

Place the vegetables in a bowl and add in the marinade, mix gently until covered.

To serve, divide veg and tuna between plates and top with chopped pistachio nuts.



CAESAR SALAD

NUTRITION PER SERVING: 457 kcal, 24g Fats, 13g Carbs, 46g Protein

WHAT YOU NEED

2 bread slices
 1 tbsp. olive oil
 mixed herbs
 2 smoked bacon rashers
 4 quail eggs
 1 tsp. coconut oil
 10.5 oz. (300g) chicken breasts
 2 big handfuls Romanian lettuce, chopped

For the dressing:

1 garlic clove, crushed
 4 tbsp. mayonnaise (low fat)
 1 tbsp. white wine vinegar

SERVES

2 people

PREPARATION

10 minutes

COOK

10 minutes

WHAT YOU NEED TO DO

Heat the oven to 390F (200C). Chop the bread into small squares and rub the oil and herbs into it. Season with salt and bake for 6-8 mins, until browned, turning halfway. At the same time place the bacon onto a baking dish and cook in the oven until browned and crispy.

Heat the coconut oil in a pan over medium heat. Season the chicken breasts with salt and pepper then lay it in the pan. Cook the chicken for about 8-10 mins turning a few times, until cooked throughout.

In the meantime, cook the eggs. Bring a small pot of water to the boil then add the eggs and cook for 2,5 mins. Rinse with cold water, peel, cut in half and set aside.

Make the dressing by mixing together all the dressing ingredients. Season with salt and pepper. Divide the lettuce between 2 plates.

Once chicken is ready, cut it into bite-size strips and scatter over the salad. Do the same with the crispy bacon and croutons, then drizzle with the dressing and top with quail eggs to serve.



SUNSHINE SALAD

NUTRITION PER SERVING: 328 kcal, 17g Fats, 17g Carbs, 9g Protein

WHAT YOU NEED

2 oz. (60g) quinoa, uncooked
 1 grapefruit
 ½ avocado
 ½ cup (90g) sweet corn, drained
 2 mint springs, leaves only, chopped
 ¼ cup (25g) pistachio kernels
 1 tbsp. olive oil
 ½ cup (50g) bean sprouts
 2 handfuls lambs lettuce

SERVES

2 people

PREPARATION

8 minutes

COOK

10 minutes

WHAT YOU NEED TO DO

Cook the quinoa according to instructions on packaging, and then cool slightly. In the meantime, peel the grapefruit and using a sharp knife cut out the segments, collecting the juice in a bowl.

Cut the avocado in half, remove the pit and scoop out the flesh, then cut into strips and lay in the grapefruit juice.

In a bowl, mix together the cooked quinoa, sweet corn, mint, olive oil and bean sprouts. Season with salt and pepper.

Place a handful of lettuce on a serving dish and spoon the quinoa on top. Divide the avocado and grapefruit segments on top.

Served drizzled with the grapefruit juice and top with pistachio nuts.



RAINBOW QUINOA SALAD WITH GRILLED TURKEY

NUTRITION PER SERVING: 498 kcal, 22g Fats, 38g Carbs, 37g Protein

WHAT YOU NEED

1 cup (185g) cooked quinoa
 1 tbsp. coconut oil
 8.1 oz. (230g) turkey fillet
 1 small carrot, grated
 ½ cup (50g) red cabbage, shredded
 2/3 cup (50g) edamame beans, frozen
 1 tbsp. honey
 1 tbsp. soy sauce
 1 tbsp. sesame oil
 handful sprouting alfalfa (or similar)
 1 tbsp. sesame seeds

SERVES

2 people

PREPARATION

10 minutes

COOK

10 minutes

WHAT YOU NEED TO DO

Cook the quinoa according to the instructions on the package. Allow to cool to lukewarm.

In the meanwhile, season the turkey fillets with salt and pepper. Heat the coconut oil in pan and cook the turkey for about 8 minutes turning regularly. Once cooked, cut into strips.

Mix the quinoa with the carrot, cabbage and soybeans.

Mix together all the dressing ingredients (honey, soy sauce, sesame oil) and pour over the quinoa salad.

Put the turkey on the salad and sprinkle with almonds, alfalfa and sesame seeds to serve.



SUPERFOOD TAHINI SALAD

NUTRITION PER SERVING: 190 kcal, 10g Fats, 19g Carbs, 9g Protein

WHAT YOU NEED

For the salad:

- 2 cups (200g) baby kale
- 2 handfuls micro greens
- 2 carrots, shredded
- 8 radishes, thinly sliced

For the dressing:

- ½ lemon, juice
- 2 tbsp. tahini
- 1 tsp. honey
- 2 tbsp. water
- salt
- 1 garlic clove, minced
- cayenne

SERVES

2 people

PREPARATION

10 minutes

COOK

0 minutes

WHAT YOU NEED TO DO

Make the dressing by blending all the dressing ingredients. Taste and adjust seasonings if necessary.

For the salad, toss all of the salad ingredients in a bowl and drizzle with the tahini dressing.

Top with microgreens or your favourite seeds (optional).



SUNDRIED TOMATO AND TAHINI SALAD

NUTRITION PER SERVING: 295 kcal, 20g Fats, 19g Carbs, 13g Protein

WHAT YOU NEED

- 1 3/4 cup (130g) lentils, drained
- 1 cup (70g) sundried tomatoes, drained
- 1/2 cup (80g) artichoke, drained
- 1 cup (225g) spinach
- 1/2 cucumber, chopped
- 2 tbsp. tahini
- 2 tsp. apple cider vinegar
- 1 tbsp. tamari or soy sauce
- 1 tsp. honey

SERVES
2 people
PREPARATION
5 minutes
COOK
0 minutes

WHAT YOU NEED TO DO

Prepare the vegetables and place them in a large bowl.

Mix together the dressing ingredients (tahini, vinegar, tamari & honey), season with salt and pepper, and drizzle over the salad. Mix well, divide onto two plates and serve.



REAL DETOX SALAD

NUTRITION PER SERVING: 259 kcal, 23g Fats, 11g Carbs, 3g Protein

WHAT YOU NEED

- 5 oz. (140g) rocket
- 1 red onion, chopped
- 2 avocados, chopped
- 1 cup (150g) grapes, halved
- 2 tbsp. apple cider vinegar
- 2 tbsp. lemon juice
- 1 tbsp. olive oil
- 1 tbsp. sesame seeds
- salt and pepper

SERVES

4 people

PREPARATION

10 minutes

COOK

0 minutes

WHAT YOU NEED TO DO

In a large bowl mix together the rocket, onion, avocado and grapes.

In a separate bowl mix the vinegar, lemon juice and olive oil for the dressing. Season with salt and pepper.

Pour the dressing over the salad and sprinkle with sesame seeds before serving.



DETOX SALAD

NUTRITION PER SERVING: 315 kcal, 24g Fats, 19g Carbs, 10g Protein

WHAT YOU NEED

- 2 bunches parsley, roughly chopped, around 1 oz. (30g)
- ¼ cup (46g) cooked quinoa
- 1 avocado, peeled, stone removed, cut into cubes
- ½ cucumber, cut into cubes
- ½ zucchini, cut into cubes
- 1 small red onion, finely diced
- 1 tsp. olive oil
- juice of 1 lemon
- ¼ cup (30g) mixed seeds and nuts, to garnish

SERVES
2 people
PREPARATION
10 minutes
COOK
0 minutes

WHAT YOU NEED TO DO

In a medium bowl add parsley, avocado, quinoa, cucumber, zucchini, and onion and toss to combine.

Drizzle with olive oil and lemon, season with salt and pepper, then mix to combine and serve sprinkled with nuts and seeds.



BROWNIES WITH CASHEW ICING

NUTRITION PER SERVING: 296 kcal, 19g Fats, 32g Carbs, 6g Protein

WHAT YOU NEED

For the brownies:

½ cup (115g) coconut oil, melted
 2 eggs
 ½ cup (95g) coconut palm sugar
 3 tbsp. maple syrup or honey
 1 tsp vanilla extract
 ¾ tsp baking powder
 pinch salt
 ½ cup (50g) unsweetened natural cocoa powder
 1 cup (120g) buckwheat flour

For the icing:

½ cup (75g) raw cashews, soaked*
 juice of ½ lemon
 1 tbsp. maple syrup
 1 tbsp. plant milk
 1 tsp. vanilla extract
 pinch of salt

SERVES

9 people

PREPARATION

overnights

COOK

30 minutes



WHAT YOU NEED TO DO

Preheat oven to 350F (176 C) and grease an 8x8 inch baking tin with a little coconut oil.

Place the melted coconut oil in a large bowl, then stir in the eggs, sugar, maple syrup, vanilla extract, baking powder, salt and cocoa powder. Next, add the flour and mix well.

Scoop the batter into the greased baking tin and bake for about 25-30 mins. Once ready, remove from the oven and let cool completely (about 1 hour) before covering with icing.

To make cashew cream icing combine all of the icing ingredients together in a high-speed blender and blend until smooth. Add more milk, as needed, to thin the icing and more salt or sweetener to taste.

Once brownie has cooled spoon the frosting on top, cut into 9 squares and enjoy.

*Soak cashews in a large bowl covered with a few inches of water for at least 6 hours or overnight

TUNA AND BROCCOLI SALAD WITH HONEY VINAIGRETTE

NUTRITION PER SERVING: 328 kcal, 14g Fats, 26g Carbs, 21g Protein

WHAT YOU NEED

For the salad:

- 2 big handfuls salad leaves
- 3 radishes, sliced
- ½ cup (120g) tuna in water, drained
- 2 slices bread
- 100g broccoli
- 2 tsp. Parmesan, grated

For the dressing:

- 2 tbsp. olive oil
- 3 tbsp. of lemon juice
- 1 tsp. of honey
- salt and pepper

SERVES

2 people

PREPARATION

10 minutes

COOK

0 minutes

WHAT YOU NEED TO DO

Divide the salad leaves between two plates. Add the sliced radish and pieces of tuna.

Toast the bread and cut into cubes, then add to the salad.

Place the broccoli in a pot of boiling water and cook for approx. 5 minutes, then strain and add to the salad.

In a bowl, mix all the dressing ingredients and drizzle over the salad. Sprinkle with parmesan cheese and serve.



BALSAMIC GLAZED BEETROOT AND GOATS CHEESE SALAD

NUTRITION PER SERVING: 168 kcal, 12g Fats, 7g Carbs, 7g Protein

WHAT YOU NEED

5 oz. (150g) of rocket
7 oz. (200g) beets in mild vinegar
1/5 cup (50ml) balsamic glaze
1.5 oz. (40g) walnuts
3.5 oz. (100g) goats cheese

SERVES

4 people

PREPARATION

10 minutes

COOK

0 minutes

WHAT YOU NEED TO DO

Put the rocket in a bowl. Cut the beetroot into quarters and mix through the rocket. Drizzle with the balsamic dressing and sprinkle with walnuts. Mix well and serve.



CHICKEN SALAD WITH AVOCADO DRESSING

NUTRITION PER SERVING: 433 kcal, 28g Fats, 6g Carbs, 35g Protein

WHAT YOU NEED

¼ cup (50g) edamame beans
 4.2 oz. (120g) cooked chicken breast, chopped
 1/4 cucumber, peeled, deseeded and chopped
 1/2 avocado
 Tabasco sauce, to taste
 juice of 1/2 lemon
 2 tsp. extra-virgin olive oil
 2 handfuls iceberg lettuce, chopped
 1 tsp. mixed seed

SERVES

1 people

PREPARATION

5 minutes

COOK

5 minutes

WHAT YOU NEED TO DO

Put the chicken, beans and cucumber in a bowl.

Blitz the avocado, Tabasco, lemon juice and oil in a food processor or with a hand blender. Season, pour into the bowl and mix well to coat.

Layer a bowl with the iceberg lettuce and spoon the chicken mixture over it, sprinkle with the seeds.

Serve imminently or chill until lunch, then serve with a lemon wedge.



MANGO AND CHICKEN SALAD

NUTRITION PER SERVING: 414 kcal, 17g Fats, 29g Carbs, 33g Protein

WHAT YOU NEED

- 7 oz. (200g) salad leaves
- ¾ cup (150g) soy beans
- ½ cup (90g) sweet corn, drained
- ½ mango, cubed
- 7 oz. leftover cooked chicken breast or thighs, shredded
- 3 tbsp. natural yogurt
- 1 tbsp. cress, chopped

SERVES

2 people

PREPARATION

10 minutes

COOK

0 minutes

WHAT YOU NEED TO DO

In a bowl mix together the salad leaves, soybeans, sweet corn and mango.

In a separate bowl or glass mix together the yogurt and cress for the dressing. Pour over the salad and mix well.

Divide the salad between two plates and top with the leftover chicken. Chicken can be served hot or cold.



RED KIDNEY BEAN AND MACKEREL SALAD

NUTRITION PER SERVING: 422 kcal, 27g Fats, 27g Carbs, 20g Protein

WHAT YOU NEED

1 garlic clove, crushed
 1/2 lemon, juiced
 2 tbsp. olive oil
 1/2 cucumber, sliced
 8 radishes, sliced
 handful parsley, chopped
 1 1/4 cup (240g) chickpeas, drained
 1 1/4 cup (240g) kidney beans, drained
 3/8 cup (85g) rocket
 2/3 cup (150g) smoked mackerel
 3/8 cup (50g) pecans, chopped

SERVES

4 people

PREPARATION

15 minutes

COOK

0 minutes

WHAT YOU NEED TO DO

Make the dressing by mixing the crushed garlic, lemon juice, and olive oil. Season to taste with salt and pepper.

In a bowl toss the cucumber, radish, parsley, chickpeas, kidney beans and rocket and drizzle with the dressing. Divide the salad into portions.

Break the mackerel into pieces and place on top of the salad. Sprinkle with pecans and serve with additional lemon slices.



TUNA AND POTATO SALAD WITH ORANGE DRESSING

NUTRITION PER SERVING: 429 kcal, 19g Fats, 34g Carbs, 30g Protein

WHAT YOU NEED

17.6 oz. baby potatoes (500g)
 1 cup green beans (180g)
 juice of 1 orange
 2 tbsp. mustard
 4 tbsp. olive oil
 1 medium red onion
 3 eggs, boiled
 lettuce leaves
 4 small tomatoes
 11.2 oz. tuna pieces, in water, drained (320g)
 10 black olives

SERVES

4 people

PREPARATION

20 minutes

COOK

20 minutes

WHAT YOU NEED TO DO

Halve the potatoes and cook in water with salt for 15 minutes. Add in the green beans in the last 5 min.

In the meanwhile, make the dressing by mixing together the orange juice, mustard and olive oil. Season with salt & pepper. Cut the onion into thin rings and mix through the dressing.

Drain the potatoes and beans, and mix with the dressing. Allow to cool a little.

In the meantime, cook the eggs and wash a few lettuce leaves. Cut the tomatoes into quarters. Place the lettuce leaves on a serving platter and then place the potato and bean mix on top. Top this with the eggs, tomato's, tuna and black olives.



SPINACH SALAD WITH CHERRIES AND BASIL

NUTRITION PER SERVING: 267 kcal, 13g Fats, 17g Carbs, 8g Protein

WHAT YOU NEED

¼ cup (15g) basil
 3 tbsp. white wine vinegar
 2 tbsp. extra virgin olive oil
 2 small red onions
 ½ cup (50g) walnuts or hazelnuts
 1 tsp. coconut oil
 1 1/3 cup (200g) green beans
 1 1/3 cup (300g) spinach
 ¾ cup (100g) feta cheese
 1 ¾ cup (400g) of cherries, pitted

SERVES

4 people

PREPARATION

10 minutes

COOK

10 minutes

WHAT YOU NEED TO DO

Place the basil, vinegar and olive oil in a high speed blender and blitz to make dressing. Season with pepper and salt.

Cut the onions into thin rings and chop the nuts coarsely. Heat the coconut oil in a frying pan and fry the shallots 2 minutes. Add in the nuts, beans, and season well. Cook for about 6 mins on medium heat, stirring regularly.

Now add the half the spinach to the pan and allow for it to wilt, then transfer into a serving plater.

Mix in the rest of the fresh spinach and drizzle with the earlier made dressing. Top the salad with crumbled feta and cherries. Serve with grilled meats.



CHIPOTLE CHICKEN SALAD BOWL

NUTRITION PER SERVING: 605 kcal, 17g Fats, 74g Carbs, 49g Protein

WHAT YOU NEED

For the chicken:

- 2 chicken breasts (5oz./150g each)
- 1 tbsp. coconut oil
- juice of 1/2 lime
- 2 tbsp. taco seasoning
- 2 tsp. tomato paste

For the bean salad:

- 1 red sweet pepper, chopped
- 1 medium tomato, chopped
- 1 small red onion, diced
- 5 oz. (140g) sweetcorn, drained
- 5 oz. (140g) black beans, drained
- Few handfuls Romanian lettuce, chopped
- 2 green onions, chopped
- bunch of coriander, chopped
- 2 tbsp. natural yogurt

For the rice:

- 8.8 oz (250g) cooked white rice
- 1/2 lime, zest only
- bunch of coriander, chopped

SERVES

2 people

PREPARATION

20 minutes

COOK

15 minutes



WHAT YOU NEED TO DO

In a bowl, mix the ingredients for the chicken marinade, then add in the chicken breast and cover well. Marinade in the fridge for at least 15 minutes (or overnight).

In the meantime, make the bean salad by mixing all the salad ingredients apart from the yogurt. Season with salt and pepper.

Heat the oil in a pan to high heat and cook the chicken 5 mins on each side. Take off the heat and set aside. Once ready to serve chop into pieces.

To prepare the rice mix in the chopped coriander and lime peel into the cooked rice.

Assemble the salad. Divide the rice and bean salad between two bowls, then top with the cooked chicken. Serve with 1 tbsp. of natural yogurt.

CHICKEN ORANGE AND WALNUT SALAD

NUTRITION PER SERVING: 458 kcal, 20g Fats, 47g Carbs, 28g Protein

WHAT YOU NEED

Dressing:

- 3 tbsp. of honey
- 2 tbsp. mustard
- 1 tbsp. olive oil
- 1 tbsp. lemon juice
- 2 tbsp. orange juice
- 1/3 tsp. cinnamon

Salad:

- 7 oz. (200g) chicken breast
- 4 handfuls rocket
- 1/4 iceberg lettuce
- 1 orange
- 1/3 pomegranate fruit, seeds
- 1/4 cup (30g) pecans, roasted

SERVES

2 people

PREPARATION

10 minutes

COOK

10 minutes



WHAT YOU NEED TO DO

Peel orange and, cut out the pulp and set aside. Squeeze the juice from the rest of the orange and keep it for the sauce.

Mix the ingredients of the dressing in a cup, season with salt and pepper.

Cut the chicken breast into 4 smaller pieces, season with salt, coat with olive oil and place on a hot grill pan – grill for 4 minutes on both sides.

Drizzle the chicken pieces with a tbsp. of dressing and continue to grill for about 1.5 minutes on a slightly lower heat, turn over, drizzle with another tbsp. of dressing and grill for another minute, then remove from the pan and set aside. Once cooled slightly slice into pieces.

Mix the salad leaves and divide it between two plates, then top with the orange and chicken. Sprinkle with the pomegranate seeds and roasted pecans. Drizzle with the remaining dressing and serve.

CHICKEN, WALNUT AND CHICORY SALAD

NUTRITION PER SERVING: 385 kcal, 21g Fats, 15g Carbs, 37g Protein

WHAT YOU NEED

1 sweet apple
 3 cups (400g) cooked or leftover chicken, shredded
 4 cups (500g) chicory, shredded
 1½ tbsp. mustard
 4 tbsp. Greek yogurt (0% fat)
 3 tbsp. extra virgin olive oil
 1 tbsp. white wine vinegar
 2 tbsp. parsley, chopped
 1/3 cup (40g) walnuts, chopped

SERVES

4 people

PREPARATION

15 minutes

COOK

0 minutes

WHAT YOU NEED TO DO

Cut the apple into quarters, remove core and cut the flesh into pieces. Cut off the bottom of the chicory, halve the stalk lengthwise and remove the hard core. Then cut into strips lengthwise.

Make the dressing by combining the mustard, yogurt, oil and vinegar. Season with pepper. Mix the chicory and the apple with the dressing and let the flavors settle for 10 minutes.

Finally, add in the parsley, shredded chicken and chopped walnuts and mix well. Serve immediately or store refrigerated until required.



NICOISE SALAD WITH GRILLED SHRIMPS

NUTRITION PER SERVING: 349 kcal, 21g Fats, 11g Carbs, 29g Protein

WHAT YOU NEED

5.6 oz. (160g) artichoke antipasti, drained
 12 oz. (350g) green beans, cooked
 4 eggs, hard-boiled
 juice of 1 small orange
 1 tsp. Dijon mustard
 3 tbsp. olive oil
 16 oz. (450g) king prawns
 1 garlic clove, sliced
 2 sprigs fresh oregano, leaves removed
 1 baby Romaine lettuce
 2 tbsp. black olives

SERVES

4 people

PREPARATION

10 minutes

COOK

15 minutes



WHAT YOU NEED TO DO

If you are using the BBQ, heat it up. If you're not using a BBQ, then prepare a non-stick grill pan.

Drain the artichokes. Cook the green beans and eggs, then set aside to cool.

Mix the orange juice with the mustard and 2 tbsp. olive oil to make the dressing. Mix the dressing in a bowl with the artichokes and green beans, then set aside.

Mix the shrimps with the sliced garlic, oregano leaves and remaining 1 tbsp. of olive oil. Grill the shrimps on the grill pan or the BBQ for about 3 to 5 minutes.

Remove the leaves from the lettuce and tear them slightly. Divide them over 4 bowls. Then add the artichokes, green beans, eggs, and olives.

Lastly, top the salad with the cooked shrimps and serve.

VEGAN CAESAR SALAD

NUTRITION PER SERVING: 243 kcal, 15g Fats, 32g Carbs, 8g Protein

WHAT YOU NEED

For the dressing:

1/4 cup (62g) natural soy yogurt

juice of 1/2 lemon

1 tsp. honey

1 garlic clove, crushed

1 tsp. mustard

For the salad:

1 romaine lettuce, chopped

1 avocado, chopped

2 slices brown bread, toasted and chopped

1 pomegranate, seeds to serve

SERVES

2 people

PREPARATION

15 minutes

COOK

0 minutes

WHAT YOU NEED TO DO

Firstly, toast your bread. In the meantime, make the dressing, place all the dressing ingredients in cup/bowl season to taste, and mix well until smooth, then set aside.

Next, assemble the salad in bowls (lettuce, avocado, bread) and garnish with the pomegranate seeds. Top with 2 tbsp of the dressing and serve.



MOROCCAN COD AND BULGUR SALAD

NUTRITION PER SERVING: 447 kcal, 18g Fats, 42g Carbs, 34g Protein

WHAT YOU NEED

10 oz. (300g) cod fillets
 1 tbsp. lemon juice
 2 cloves garlic, crushed
 ½ tsp. turmeric
 ½ tsp. paprika
 ½ tsp. cumin
 pinch of saffron
 2 tbsp. olive oil
 Scant ½ cup (100g) of bulgur groats
 1 tomato, chopped
 1/4 onion, chopped
 15 green olives, halved
 3 sprigs of parsley, chopped
 lemon wedges, to serve
 1/4 onion, chopped
 15 green olives, halved
 3 sprigs of parsley, chopped
 lemon wedges, to serve

SERVES

2 people

PREPARATION

5 +35 minutes

COOK

15-25 minutes

WHAT YOU NEED TO DO

Drizzle the cod fillets with lemon juice. Then season with salt & pepper, rub with the garlic, and the rest of the spices, coat with 1 tbsp. of oil. Leave for half an hour to marinade, if you have time.

Cook the bulgur in salted water (about 15 minutes) and once cooked set aside. Place the chopped tomato in a salad bowl, add in the chopped onion, olives and parsley. Season with salt & pepper, mix and set aside.

Heat the pan, and fry the cod for about 3-4 minutes each side, until cooked throughout, then remove from the pan.

Heat the cooked bulgur on the same pan, with the remaining juices, then divide between plates. Serve with the cod and top with the earlier prepared tomato salad. Serve with lemon wedges.



PESTO ZOODLES WITH PROSCIUTTO

NUTRITION PER SERVING: 299 kcal, 23g Fats, 9g Carbs, 15g Protein

WHAT YOU NEED

2 medium zucchinis, spiralized
juice from ½ lemon
2 tbsp. pesto
10 olives, sliced
¼ cup (15g) sundried tomatoes, chopped
¼ cup (30g) walnuts, chopped
4 slices prosciutto
basil leaves, to serve

SERVES

2 people

PREPARATION

10 minutes

COOK

5 minutes

WHAT YOU NEED TO DO

Spiralize the zucchini and toss it with the lemon juice. Add in the pesto and mix until well coated.

Mix in the olives, sundried tomatoes and walnuts.

Heat a dry non-stick pan over medium heat and fry the prosciutto until crispy. Chop it up and mix in with the noodles.

Divide the zoodles between two bowls and garnish with fresh basil.



GRILLED CHICKEN AND GRAPEFRUIT SALAD

NUTRITION PER SERVING: 328 kcal, 18g Fats, 15g Carbs, 27g Protein

WHAT YOU NEED

1 tsp. coconut oil
 7 oz. (200g) chicken breasts
 1 cup (150g) green beans
 1 grapefruit
 4 handfuls salad leaves
 1/2 lemon, juiced
 2 tbsp. olive oil

SERVES

2 people

PREPARATION

10 minutes

COOK

10 minutes

WHAT YOU NEED TO DO

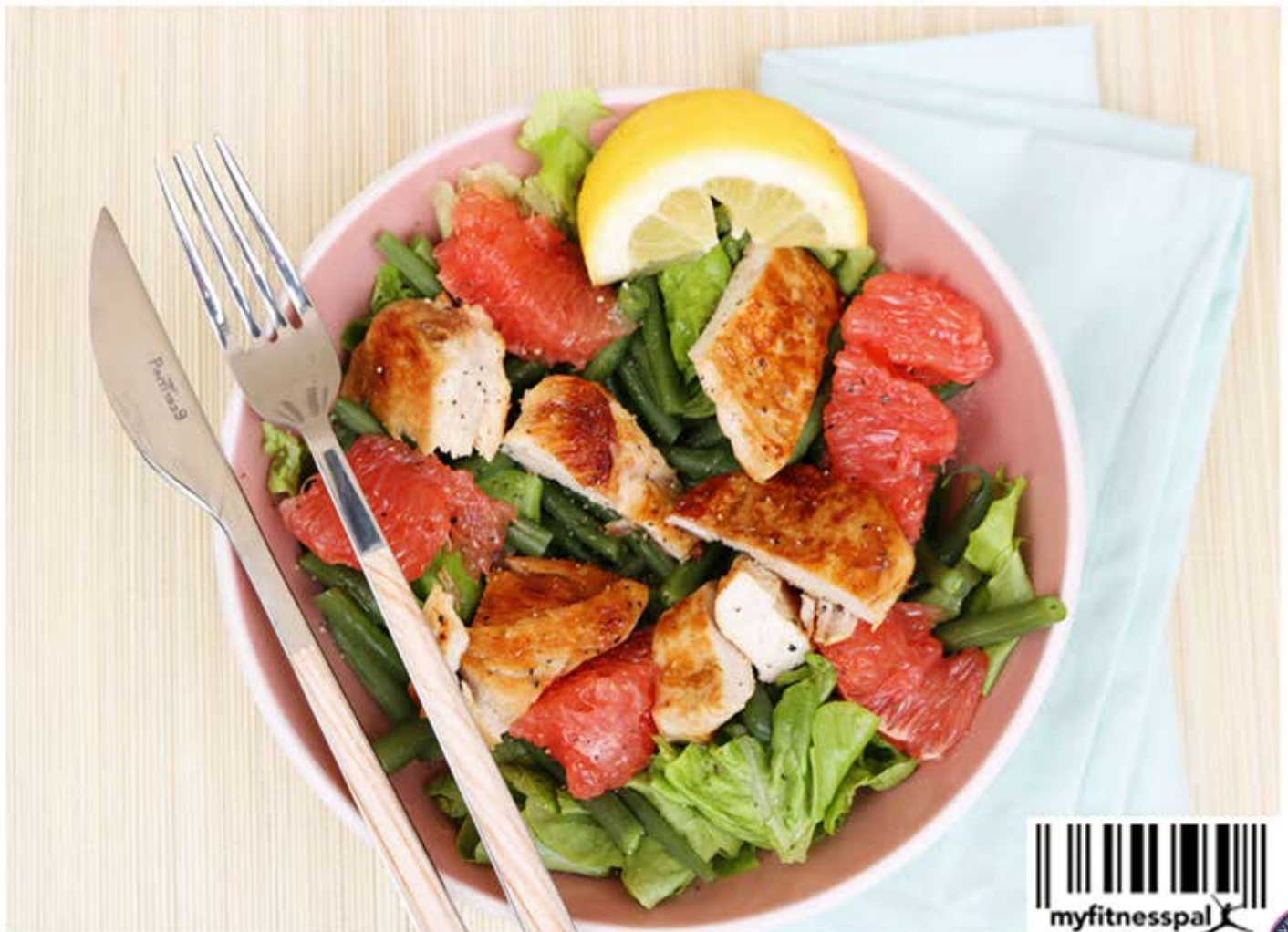
Season the chicken with salt & pepper and heat the coconut oil in a frying pan.
 Fry the chicken on medium heat until browned and cooked throughout.

In the meantime, place the beans in a pan of boiling water and boil gently for 3-5 min until tender, and then set aside.

Peel the grapefruit by using a sharp knife. Separate the skin from the flesh then cut out the grapefruit segments.

Place the salad leaves in a bowl and mix together with the green beans and grapefruit. Drizzle the salad with olive oil and lemon juice.

Divide the salad between two plates and place the chicken on top. Season with salt & pepper and serve.



GOAT'S CHEESE AND STRAWBERRY SALAD

NUTRITION PER SERVING: 161 kcal, 19g Fats, 5g Carbs, 7g Protein

WHAT YOU NEED

1 ¼ cup (250g) strawberries
 6-8 handfuls watercress or other greens
 2 tbsp. extra virgin olive oil
 1 tbsp. balsamic vinegar
 ½ clove of garlic, crushed
 scant ½ cup (100g) soft goat's cheese
 ¼ cup (30g) walnuts, chopped

SERVES

4 people

PREPARATION

10 minutes

COOK

0 minutes

WHAT YOU NEED TO DO

Remove the stems from the strawberries and cut them into quarters lengthwise. Put the watercress in a bowl and toss with the strawberries.

Make the dressing by whisking together olive oil, balsamic vinegar and garlic. Season with salt and pepper.

Drizzle the dressing over the salad and crumble the goat's cheese on top, sprinkle with nuts.

This salad is perfect served with grilled chicken.



BBQ MEXICAN CORN SALAD

NUTRITION PER SERVING: 94 kcal, 3g Fats, 16g Carbs, 2g Protein

WHAT YOU NEED

4 corn cobs
1 tbsp. olive oil
4 spring onions, chopped
big handful coriander, chopped
1 jalapeno pepper, seeds removed, chopped
1 garlic clove, finely chopped
juice of 1 lime

SERVES

8 people

PREPARATION

5 minutes

COOK

10 minutes

WHAT YOU NEED TO DO

Prepare your barbeque.

Drizzle the corn with olive oil and season with salt and pepper.

Place the corn on the BBQ and cook for about 7-10 mins, until golden brown, turn regularly. Once cooked, place the corn upright in a bowl and cut the kernels off with a knife.

Next add in the chopped spring onions, coriander, pepper and garlic. Drizzle everything with lime juice, season with salt and pepper to taste and mix well. Serve lukewarm.



WATERMELON AND FETA SALAD

NUTRITION PER SERVING: 159 kcal, 14g Fats, 14g Carbs, 9g Protein

WHAT YOU NEED

- 3 cups (600g) watermelon, cut into cubes
- ½ red onion, cut in half rings
- 2 handfuls mint, chopped
- 3 tbsp. black olives, sliced
- scant 1 ½ cup (200g) low fat feta cheese, cubes

SERVES

4 people

PREPARATION

10 minutes

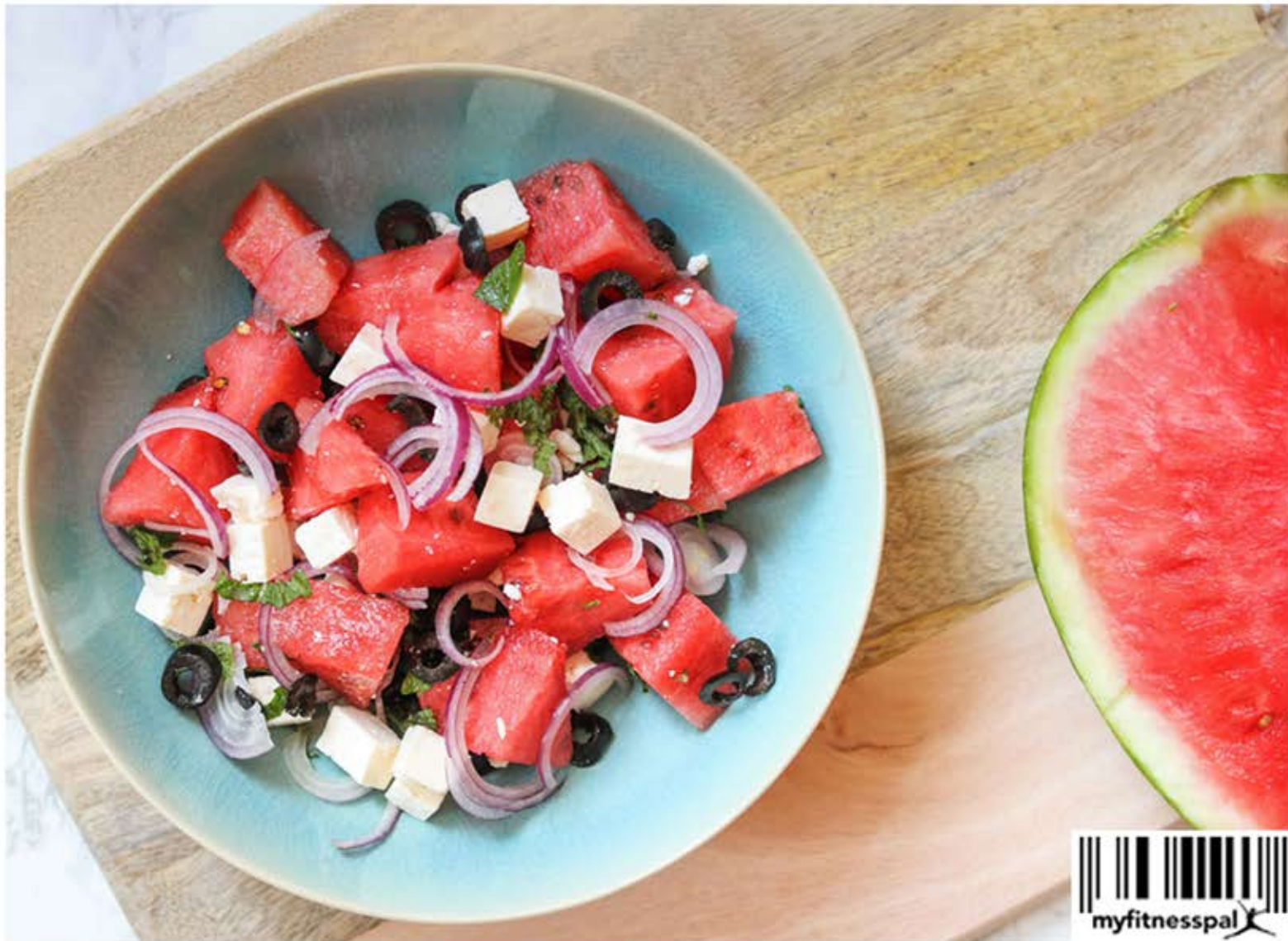
COOK

0 minutes

WHAT YOU NEED TO DO

Put all the ingredients in a bowl and gently toss until everything is mixed.

Serve as a side with BBQ meats or on it own as a refreshing light salad.



BURITTO BOWL WITH GRILLED CHICKEN

NUTRITION PER SERVING: 443 kcal, 36g Fats, 47g Carbs, 34g Protein

WHAT YOU NEED

1 5/8 cups (400g) brown rice, cooked
 1 tbsp. coconut oil
 fajita spices
 14 oz. (400g) chicken breast
 2 tomatoes, chopped
 1 avocado, sliced
 1 1/3 cups (100g) iceberg lettuce, shredded
 1 can (400g) kidney beans in chili sauce
 4 tbsp. natural yogurt
 4 tbsp. salsa

SERVES

4 people

PREPARATION

15 minutes

COOK

15 minutes

WHAT YOU NEED TO DO

Prepare the rice earlier or use left overs.

In a bowl, mix the oil and spices, then cover the chicken with the mixture.

Heat a non-stick frying pan over medium heat and fry the chicken until cooked throughout, then set aside for a few minutes to cool. Once cool, slice the chicken breasts and assemble the bowl.

Divide the rice between 4 bowls, next add the lettuce, chopped tomato, chili beans and chicken. Finally, top with a dollop of yogurt and salsa.

NOTE:

- for a vegetarian option use some grilled smoked tofu



GREEN SUSHI SALAD WITH CRISPY TOFU

NUTRITION PER SERVING: 490 kcal, 17g Fats, 60g Carbs, 22g Protein

WHAT YOU NEED

1 cup (250g) sushi rice
 1 tbsp. rice vinegar
 2 cups (375g) natural tofu
 1 tbsp. sesame oil
 1 inch (3 cm) ginger, grated
 2 tbsp. soy sauce
 4 baby cucumbers, sliced
 few slices nori
 5/8 cup (125g) seaweed salad
 1 ¼ cup (200g) edamame beans

SERVES

4 people

PREPARATION

20 minutes

COOK

10 minutes

WHAT YOU NEED TO DO

Boil the rice according to the instructions on the package. Stir in the rice vinegar and allow to cool to room temperature.

In the meantime, drain the tofu. Cover a bowl with a clean tea towel and crumble the tofu above it. Press out as much moisture as possible squeezing the tea towel.

Heat the sesame oil in a wok and stir-fry the tofu for 5 minutes on medium heat. Next, add in the ginger and soy sauce. Stir-fry for 5-7 minutes. Season with salt and salt.

Meanwhile, cut the cucumber into slices and cut the nori into pieces.

To serve, divide the rice between bowls and then the tofu, cucumber, nori, seaweed salad, and soybeans. Serve with extra soy sauce.



KALE AND TOFU SALAD WITH PEANUT BUTTER DRESSING

NUTRITION PER SERVING: 195 kcal, 11g Fats, 15g Carbs, 1g Protein

WHAT YOU NEED

For the salad:

- 14 oz. (400g) natural tofu
- 3 cups (90g) kale, chopped
- 1 cup (100g) purple cabbage, shredded
- 1 red bell pepper, chopped
- 2/3 cup (30g) carrot, grated

1 tbsp. coconut oil

For the dressing:

- 3 tbsp. peanut butter
- 2 tbsp. coconut milk
- 1 tbsp. rice vinegar
- 1 tbsp. honey
- 1 tbsp. soy sauce
- ½ lime, juiced
- ½ tsp. chilli flakes
- 1-2 tbsp. water

SERVES

4 people

PREPARATION

10 minutes

COOK

10 minutes



WHAT YOU NEED TO DO

Wrap the tofu in a kitchen cloth and place something heavy on top of it - this will cause the moisture in the tofu to release.

In the meantime, prepare your vegetables. Chop the kale and pepper, grate the carrot and shred the cabbage. Toss everything in a salad bowl.

In a small bowl, mix all the dressing ingredients.

Heat the coconut in a pan. Cut the tofu into strips and season with salt and pepper — fry on medium-high heat for about 5 mins each side, or until golden brown.

Divide the salad between bowls, top with tofu, drizzle with the salad dressing and season with black pepper to serve.

Tip: If you prefer a meat version of this salad then it will go perfectly with a grilled chicken breast instead of the tofu.

BALSAMIC BEETROOT SALAD WITH FETA

NUTRITION PER SERVING: 225 kcal, 18g Fats, 17g Carbs, 7g Protein

WHAT YOU NEED

14 oz. (400g) cooked baby beetroot, cut into pieces
 1 small red onion, finely chopped
 1 tbsp. balsamic vinegar
 salt and pepper to taste
 1 apple, copped
 1/3 cup (30g) walnuts
 3.5 oz. (100g) feta, diced
 1 tbsp. olive oil, to serve

SERVES

4 people

PREPARATION

20 minutes

COOK

0 minutes

WHAT YOU NEED TO DO

Put the cut beets in a bowl and top with the chopped red onion and a spoonful of balsamic vinegar. Mix well and season with salt and pepper to taste. Leave for 10 minutes, then drain.

Mix in the chopped apple, half the walnuts and half the feta. Divide between four plates and garnish with the remaining walnuts and feta.

Season with some extra pepper and drizzle with olive oil before serving.



WINTER BEAN SALAD

NUTRITION PER SERVING: 146 kcal, 7g Fats, 15g Carbs, 5g Protein

WHAT YOU NEED

2 medium red onions
 2 tbsp. olive oil
 2x 14 oz. (400g) can butter beans, drained
 3 cups (450g) cherry tomatoes, halved
 2 handfuls coriander
 1 lemon
 1 tbsp. balsamic vinegar
 1 tsp. ground cumin
 12 falafels , to serve (optional, not included in nutritional information above)

SERVES

4 people

PREPARATION

5 minutes

COOK

15 minutes

WHAT YOU NEED TO DO

Cut the onions into rings. Heat 1/2 tbsp. of the oil in a pan and fry the onions for 3 minutes.

In the meantime, drain the beans and rinse them under cold running water, add to the onion and cook for another 6 minutes, on low heat. Stir occasionally. Halve the tomatoes and add into the pan in the last two minutes.

Meanwhile, heat 1/2 tbsp. of the remaining oil in a frying pan and fry the falafels 6 min until heated through and browned, or according to packaging.

Chop the coriander and squeeze the lemon. Make the dressing by mixing together 2 tbsp. of lemon juice, the remaining oil, vinegar, cumin, pepper and salt.

Mix the dressing with the bean-tomato mixture and cilantro. Serve with falafels (optional).



WARM SALMON AND QUINOA SALAD

NUTRITION PER SERVING: 325 kcal, 26g Fats, 17g Carbs, 28g Protein

WHAT YOU NEED

1 red pepper
 1 tbsp. olive oil
 4 wild salmon fillets
 1 tsp. spices for salmon
 1 1/3 cup (200g) sugar snaps
 4 cups boiling water (950ml)
 1 1/3 cup (250g) cooked quinoa
 2 handfuls fresh parsley
 2 tbsp. fresh chives

SERVES

4 people

PREPARATION

5 minutes

COOK

20 minutes

WHAT YOU NEED TO DO

Preheat the oven to 400F (200C).

In the meantime cut the peppers into strips. Heat the oil in a pan on medium heat and stir-fry the pepper for 5 min.

Place the salmon on a tray covered with baking paper, season with spices and cook in the oven for 10 minutes.

Place snow peas in a colander and pour over the boiling water, then add the snow peas and quinoa to the peppers and heat up for 4 minutes on medium heat.

Chop parsley and chives and mix into the quinoa. Serve as a side with the salmon.



MEXICAN SALAD WITH ROASTED SWEET POTATO

NUTRITION PER SERVING: 540 kcal, 28g Fats, 54g Carbs, 11g Protein

WHAT YOU NEED

27 oz. (750g) sweet potatoes
 1 tsp. smoked paprika
 2 tbsp. olive oil
 14 oz. (400g) can black beans
 5 oz. (150g) sweet corn
 2 small red onions
 10 cherry tomatoes
 2 avocados
 lime wedges, to serve

SERVES

4 people

PREPARATION

15 minutes

COOK

25 minutes

WHAT YOU NEED TO DO

Preheat the oven to 200 ° C. Cut the unpeeled potatoes into 3 cm. wedges and spread on a baking sheet.

Mix together the paprika, olive oil, salt & pepper and rub into the wedges until well covered. Bake the potatoes at the center of the oven for about 25 min. until golden brown.

Meanwhile, place the beans and sweet corn in a colander, rinse under cold water and drain. Chop the onion and mix in with the beans and corn.

Cut the tomatoes into quarters and season with salt & pepper. Cut the avocado in half lengthways; remove the pit and scoop out the flesh. Cut the flesh into chunks.

Divide the potatoes, tomatoes, avocado and bean mixture between 4 bowls and serve with lime wedges.

