

MyFitZone Summer Salad



Ingredients

- | | | |
|---------------------|---------------|---|
| 1. Prawns | 200g | Already cooked |
| 2. Tomatoes | 5 | Cherry tomatoes halved |
| 3. Rocket | Handful | Or salad leaves |
| 4. Beetroot | spiraled | You can buy spiraled now in Sainsbury's |
| 5. Broccoli Rice | 2 large tbsp. | Place a couple of florets into a food processor and whizz for 30 secs |
| 6. Butternut Squash | 1/4 | Cut into squares – you can also buy these in Sainsbury's |
| 7. Pomegranate | 2 Tbsp. | Pomegranate works so well with this salad |
| 8. Dressing | As desired | Natural yoghurt, chives, dill, lemon juice |
| 9. Mixed seeds | 1 tbsp. | Mixed seeds – you can buy packs from supermarkets |

Instructions

1. There really is no instructions to this – just arrange it nicely on a plate and serve!
2. For the dressing use a natural yoghurt, nice squeeze of a lemon, add chopped chives and dill
3. Microwave the broccoli rice for just 30 seconds and the butternut squash for about 4 minutes
4. Then enjoy this lovely tasty summer salad

If using lots of ingredients and you have some left over use for another meal or you can also freeze all of these ingredients for another day.

Check out our website for more meal plans and recipes at www.myfitzone.co.uk