

Greek "Feta" salad with toasted pitta wedges

(Serves 2)

Ingredients

- 80g Mixed salad leaves
- 2 Handfuls Mixed fresh herbs
- 4 in piece Cucumber, sliced & quartered
- 80g Avocado, sliced
- 60g Cheese, Greek salad lighter, cut into cubes (Tesco)
- 80g Tomatoes, cherry, halved
- 1 tbsp Oil, Olive, extra virgin
- 1 tbsp Lemon juice
- 1/8th tsp Paprika, sweet
- 80g Pomegranate seeds
- 2 Pitta bread, wholemeal

Preparation

1. Lay mixed salad leaves onto individual plates or 1 platter.
2. Scatter over fresh herbs & cucumber.
3. Lay avocado slices around middle.
4. Scatter over cheese cubes & tomatoes.
5. Prepare salad dressing by mixing oil, lemon juice & paprika into a screw top jar.
6. Ensure lid tightened & shake vigorously.
7. Pour dressing over salad.
8. Top with pomegranate seeds.
9. Toast pitta bread.
10. Slice into small wedges.
11. Scatter pitta wedges on top of salad.
12. Serve immediately.

TOP TIP: This vibrant dish tastes as good as it looks and is packed with good nutrients & healthy fats.

NUTRITIONAL VALUES PER SERVING

Calories 401
Total Sugars 9.74g
Total Fats 19.22g
Saturated Fats 5.2g
Salt 0.9g
Fruit & Veg 3