



ULTIMATE GREEN SALAD

SERVES 2 • GLUTEN-FREE • SUGAR-FREE • VEGETARIAN • READY IN 45 MINUTES

This refreshing salad is the perfect combination of crunchy and creamy.

2 cups broccoli florets
2 whole celery stalks, with leaves
2 handfuls baby spinach leaves
200 g baby marrow spaghetti
1 avocado, peeled and sliced

1 cup **GREEN PEA & DILL HUMMUS**, PAGE 141
½ cup **BASIL-OLIVE OIL MAYO**, PAGE 237
½ cup bean sprouts
¼ cup **TOASTED PUMPKIN SEEDS**, SEE BELOW
2–3 Tbsp basil pesto, optional

Prepare the broccoli florets by steaming (see page 129) or roasting (see page 137) until just tender. Thinly slice the celery stalks and reserve the leaves.

Arrange the broccoli florets, celery stalks and leaves, spinach leaves, baby marrow spaghetti and sliced avocado on a serving platter. (If preferred, dress the spinach leaves with a little basil pesto before adding to the salad.) Add 1–2 scoops of **GREEN PEA & DILL HUMMUS** and spoon over some **BASIL-OLIVE OIL MAYO**. Finish with sprouts and a scattering of toasted pumpkin seeds.

- **TOASTED PUMPKIN SEEDS** Preheat a pan over low heat. Add the pumpkin seeds and toast for 2–3 minutes, taking care not to let them burn. Remove and set aside.
- If you can't get baby marrow spaghetti, cut 3–4 medium baby marrows lengthways into thin strips, or grate them on the coarse side of a box grater.
- Instead of celery, use 1 fennel bulb, shaved or finely chopped.

