

# SallyBee



Campaigning for people to "Season with Sense"



## SALLY BEE'S SALAD LOVER'S SALAD

 **Prep: 10 minutes**

 **Cook: 0 minutes**

 **Serves: 2-4**

### INGREDIENTS:

- 1 tablespoon olive oil
- Juice from 1 lemon
- 2 teaspoons wholegrain mustard
- Freshly ground black pepper
- Pinch **LoSalt**
- 8 asparagus stalks, blanched and cooled
- Half a red cabbage, shredded
- 1 head Romaine lettuce, sliced
- 4 stick celery, sliced
- Half cucumber, diced
- 4 spring onions, sliced
- Bowl of mixed sprouted beans
- 200g chopped tinned peaches

### METHOD:

1. Start by making the dressing.
2. In a bowl, mix together the olive oil, lemon juice, wholegrain mustard, freshly ground black pepper and a pinch of **LoSalt**.
3. Pour the dressing over the asparagus stalks that have been blanched and cooled. Set aside.
4. Next, in a large, shallow bowl, add the red cabbage, the Romaine lettuce, sliced celery, cucumber, spring onions, sprouted beans, chopped tinned peaches and toss to combine.
5. Finally add the asparagus and dressing mix, toss again and serve.