



Mixed salad

This recipe is the epitome of convenience. Your left over veg and cold meat can be combined to create this quick and simple dish with no need for any forward planning!

Ingredients

For the salad:

- Broccoli, cut into small florets
- Cabbage, chopped
- Green onions, finely chopped
- Artichoke OR palm hearts, chopped
- Prawns OR roast turkey OR grilled chicken
- 1/2 avocado, sliced

For the dressing:

- Olive oil
- Wine OR balsamic vinegar



Method



Quantities to be decided by you, depending on how many you are feeding.

1. Combine the broccoli, cabbage, onions and artichoke/palm hearts in a bowl and top with the slices of avocado and your chosen fish/meat
2. Mix the olive oil and vinegar together to suit your taste and use as a dressing
3. Serve immediately

The Grange
Welford Road

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