



Courgette ribbon salad

Courgette ribbon salad is delicious, light and airy and makes a brilliant lunch. Simply add some low fat protein such as chicken or fish to give you a good balance and to keep you feeling fuller for longer. Or perhaps use this salad as an addition to your BBQ.

Ingredients

- Juice of 1 lemon
- 1/2 tsp English mustard
- 25ml extra virgin olive oil
- 3 courgettes
- 250g cherry tomatoes, halved
- 70g bag lamb's lettuce
- 50g bag rocket
- 25g pumpkin seeds



Serves 2

Method



1. First, make the dressing: put the lemon juice, mustard and oil in a bowl, mix together and season to taste
2. Using a vegetable peeler, peel down the length of one courgette to make ribbons - repeat with the remaining courgettes
3. Put into a large bowl and pour the dressing over the ribbons
4. Add the tomatoes, lamb's lettuce, rocket and two-thirds of the pumpkin seeds
5. Toss gently and serve garnished with the remaining pumpkin seeds

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