

Salad in a Jar

Green Goodness Salad

Serves: 1

Prep Time: 15 min

Cooking Time: N/A



Equipment

1 x ` 750 or 900 mL jar or containers

~ 6 medium and 6 very small bowls (for demonstration)

Zester

Knife

Chopping board

Blender

Measuring cups

Measuring spoons



Ingredients

For the dressing

¼ avocado

½ tsp capers, chopped

¼ c chopped fresh basil and chopped parsley

¼ c low fat natural yogurt

1 tsp lemon Zest

1 tbs lemon juice

Pinch Ground pepper



Salad

½ Lebanese cucumber, julienned or peeled into ribbons (discard the seeds)

1 small zucchini, julienned or peeled into ribbons

¼ c frozen peas, thawed (or cooked peas)

¾ c tin cannellini beans in water drained

1 stick celery chopped

1 little gem lettuce or small coz lettuce torn

3 tbsp torn fresh mint

2 tbsp of wasabi peas, roughly chopped

You can find wasabi peas in Asian supermarkets or the Japanese section in supermarkets



Method

1. Put all the dressing ingredients in a blender or food processor and blend till smooth



2. Pour into 1 large jar or lunchbox



3. Lebanese cucumber cut into julienne or peeled in ribbons
4. Courgette (zucchini) cut into julienne or peel into ribbons
5. Defrost peas if frozen (if eating straight away otherwise frozen is ok)
6. Rinse cannelloni beans (till no bubbles are seen on the beans)
7. Chop /slice celery
8. Roughly tear cos lettuce
9. Handful of mint (chop optional)
10. Roughly chopped wasabi peas (can leave whole optional)



11. Layer all the salad ingredients in the jar or lunchbox in the order listed. Seal and chill for up to 24 hours



To eat, simply shake or stir the jar contents, or tip the salads into a serving bowl. Mix well.

Tip for extra crunch, keep wasabi peas separate until you are ready to eat, then toss through. Wasabi peas often contain wheat flour, so if you need to follow a gluten free diet, swap them for 2 tbsp unsalted sunflower seeds or pumpkin seeds or omit them. Another alternative use roasted chick peas.

Nutrition Information (Per Serve)

Kilojoules:	1590	Total fat:	11g
Carbohydrate:	40g	Saturated fat:	2g
Dietary fibre:	18g	Calcium:	390mg
Protein:	24g	Sugar:	12g
Sodium:	690mg	Iron:	7mg

