

Recipe: Colourful salad

Salads don't have to be boring and can be made in many different ways to keep them exciting. I love adding things like cooked or raw pepper, cooked butternut squash, cooked sweet potato, cooked courgettes/sliced marrow or tinned lentils/chickpeas to add more flavour, texture and protein. If I have any seeds* or nuts*, or even a squeeze of lemon I like to add this too!. Here is a simple and satisfying salad to have for lunch, a picnic or even a dinner party.



Ingredients

- Any washed lettuce or salad leaves, rocket or spinach, plus roasted sweet potato and/or butternut squash (chopped into small chunks)
- Washed baby tomatoes and cucumber; feta* (optional)
- A tin of lentils or chickpeas (optional, can be roasted; see directions below)
- Handful of nuts* (e.g. cashew) or seeds* (e.g. sunflower/linseed) (also optional)
- Squeeze of lemon or drizzle of olive oil (or dressing)

You could also add cooked cous-cous* or pasta* to bulk it out and make it even more filling.

Method

- Add your green leaves to a large bowl. If you're adding roasted sweet potato or butternut squash, peel, rinse and chop into bite size pieces and roast in the oven or air fryer for 15-20 minutes with a drizzle of oil and salt and pepper until cooked. If you are adding chickpeas, you could also roast these at the same time. Mix half-way when cooking.
- Once cooked, allow to cool for 10 minutes before adding all the rest of the ingredients.



*Please note this food is or may contain one or more of the 14 common food allergens.

If you're making this for others, don't forget to ask if they have any food allergies and adjust the recipe accordingly. E.g. nuts or sesame seeds

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