



Simple Summer Salad

SERVES 1

INGREDIENTS

Dressing:

Juice of ½ lemon
1 garlic clove crushed
2 tbsp cold-pressed extra virgin olive oil
½ tsp Dijon mustard - optional
Pepper to taste

Salad:

80g (a mix is nice) of fresh peas, mange tout, snow peas (string removed)
½ avocado sliced
80 g watercress – roughly chopped
5-6 walnut halves chopped
Large handful of Basil leaves – roughly chopped

I love this as it is or to make a more substantial meal I might serve it on a bed of quinoa and crumble feta on top or add a piece of poached salmon or stir through some cooked Puy or green lentils. Makes a delicious, simple and quick summer lunch or dinner.

THE NUTRITION BIT:

Watercress is high in vitamin C, vitamin K, and beta-carotene so it is a great support for your liver which is in charge of detoxification which contributes to healthy hormone balance and great skin! Lemon juice supercharges the vitamin C.

The avocado, cold-pressed extra virgin olive oil and walnuts contain anti-inflammatory healthy oils.

The walnuts have the added benefit of containing alpha-linolenic acid (ALA) which may help improve memory and cognitive function – so it may help with brain fog and poor concentration during menopause. And all the healthy fats are great for your skin too!

Basil is regarded as an anti-microbial herb – good for optimising gut health, and of course it is a true taste of summer!

METHOD:

Place the fresh peas or mangetout in a bowl and blanch with boiling water for 10-20 seconds (If using frozen peas steam first for 2 minutes). Strain and rinse in cold water so they don't continue to cook.

Place watercress, walnuts, basil and peas or mange tout into a salad bowl and toss together then add the sliced avocado on top and drizzle with the dressing.