

Summer salad, adapted from Delicious magazine (serves 6)

Summer just isn't summer without barbecued meat or fish accompanied by a delicious salad or two. This is one of my favourites and can be prepared in advance with the dressing added just before serving. It contains so many vitamins and minerals and at least three of your 5-a-day.



Ingredients

4 medium courgettes, thickly sliced
3 red peppers, halved, deseeded and cut into wide strips
Rapeseed oil, for tossing
500g baby plum tomatoes, halved
400g tin chickpeas, drained and rinsed
150g rocket leaves
150g baby spinach leaves

For the dressing:

6 tbsp extra virgin olive oil
2 tbsp white wine vinegar
½ tsp Dijon mustard

Method

1. Drizzle the courgettes and peppers with the rapeseed oil in a large bowl, season well and toss to coat. Barbecue over a direct heat for 8-10 minutes, turning once (or cook for 8-10 minutes on a hot griddle pan, turning once). Transfer to a large bowl and set aside to cool.
2. Meanwhile, whisk all the dressing ingredients together with plenty of seasoning.
3. Add the tomatoes, chickpeas, rocket and spinach to the bowl with the vegetables and toss well.
4. Drizzle with the dressing immediately before serving and toss well again.

Sarah-Lynn Spruzen

Email: enquiries@healthynutrition.uk

Mobile: 07967 682865