

Chop Chop Salad

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Chop Chop Salad

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Chop Chop Salad



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This salad is so simple and full of flavour and literally only takes a few minutes to create - we promise!

Serves: 2

- ¼ red cabbage
- ¼ iceberg lettuce, roughly chopped
- 1 carrot, peeled
- 1 cucumber
- Handful of parsley
- ½ red onion
- 2 tbsp tahini or hummus
- ½ lemon, juiced
- ¼ tsp cumin
- 2 tbsp slivered almonds
- ½ avocado, sliced
- ¼ cup pomegranate seeds

Add red cabbage, iceberg lettuce, carrot, cucumber, parsley and red onion to a food processor and pulse until all ingredients are finely chopped. Spoon into a bowl.

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In a separate bowl, whisk together tahini/hummus, lemon juice and cumin until desired consistency.

Spoon dressing over salad and top with slivered almonds, avocado, pomegranate seeds and extra parsley.

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