



# abundant, leafy salad

## ingredients

- 1 romaine head, washed and chopped
- 1 rocket salad, washed
- 200 g cherry tomatoes, washed and sliced in halves
- 1 bell pepper, washed and chopped into fine strips
- 1 zucchini, washed and chopped into fine strips
- 1/2 purple onion, finely chopped



## method

After all vegetables are washed and chopped, toss them together in a big salad bowl. Mix well and serve immediately to preserve the crispness of your delicious salad.

TIP: as with salad dressings, the sky is the limit when it comes to picking veggies for your salad.

Don't restrict yourself, just go with your gut feeling and your gut will thank you!