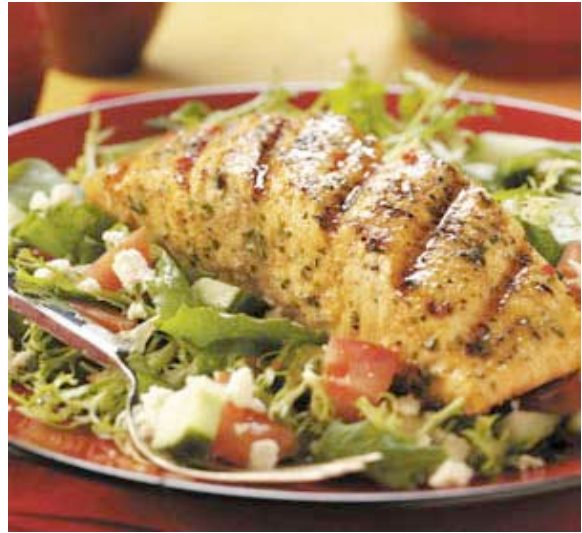


## *The Super Supper Omega 3 Dinner Salad!*

4 cups Mixed spring greens and organic baby spinach  
1 cup Cherry tomatoes  
½ cup Cucumber cut into ½" cubes  
½ cup broccoli or asparagus cut into small pieces  
½ cup Organic Red peppers cut into ½" inch pieces  
½ cup Chick peas  
1 tbsp raw pumpkin seeds  
1 tbsp raw sunflower seeds  
1 oz Crumbled goats feta cheese  
5 oz Grilled wild salmon fillet topped with lemon



**Dressing** – Typically in salad dressing you will use a 3:1 ratio for oil to vinegar but use your own personal taste here and remember to explore use this as a starter and then play with it – use pomegranate juice or blueberry puree!

I like to use a combination of oils, so  
1/2 Hemp oil and 1/2 Extra Virgin Olive oil  
Balsamic vinegar  
Italian spices  
Juice from one lemon  
1 tsp lemon zest  
Cracked pepper and sea salt to taste  
Shake and store in a dark bottle in your fridge\*

\*All fats should be stored in a dark and cool place. I suggest storing all liquid oils in the fridge in a dark glass container. When you need to use it either take it out to room temperature 30-60mins prior to use or run it under warm water for a few moments to bring it back to its liquid state.