

# Almond & Rocket Salad

## Preparation Time

10 minutes

## Cooking Time

10 minutes

## Approximate Nutritional Values

**1 portion: 453 cal.**

Protein: 20 g

Fat: 31g

Carbohydrates: 33g

**2 portions: 226 cal.**

Protein: 10 g

Fat: 15.5g

Carbohydrates: 16.5g

**3 portions: 151 cal.**

Protein: 6.7 g

Fat: 10.3g

Carbohydrates: 11g



## Ingredients

- \* 200g medium spring onions chopped.
- \* 100g of baby rocket.
- \* 57g of blanched almonds.
- \* 100g cherry tomatoes, diced.
- \* 1 tsp. of organic cold pressed olive oil.
- \* 1 tbsp. (25ml) lemon juice.

## Directions

1. Boil water in a saucepan. Turn heat down to medium. Add almonds and leave for 1 minute then drain in a colander.
2. Heat oil in a skillet and cook the scallions for 3 minutes.
3. Place the rocket leaves in a bowl and toss with cooked spring onions.
4. Add the almonds, tomatoes and squeeze some lemon juice over salad.

## Commentary

*This is a fantastic salad to add to a grilled chicken breast or lamb meat balls. Just ensure to get the portion control correct with the amount of calories you're consuming for the day when mixing and matching dishes.*

*This dish can be eaten on its own. Just remember, if you are on an 800 calorie meal plan this is half of your daily intake.*

*I recommend sharing a meal of two almond & basil Chicken breasts with the almond & rocket salad.*

*I have had this for breakfast many times and is great start for the day.*