

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

- $\frac{1}{4}$ red cabbage
- $\frac{1}{4}$ iceberg lettuce, roughly chopped
- 1 carrot, peeled
- 1 cucumber
- Handful of parsley
- $\frac{1}{2}$ red onion
- 2 tbsp tahini or hummus
- $\frac{1}{2}$ lemon, juiced
- $\frac{1}{4}$ tsp cumin
- 2 tbsp slivered almonds
- $\frac{1}{2}$ avocado, sliced
- $\frac{1}{4}$ 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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