



PROTEIN RICH SALAD

ALLERGIES:

No grains
No dairy
No gluten
No nuts

Prep time: 15 mins

Cook time: Nil

Serves: 4



INGREDIENTS

- 3 cups kale leaves, shredded
- ½ cup mixed lettuce leaves, torn
- 1 avocado, peeled, seeded and diced
- ½ mango (1 cheek), peeled and diced
- ½ cup parsley, diced
- 1 x 425g tuna in water, drained and shredded
- 2 hard boiled eggs, peeled and diced
- 2 tbsp natural coconut yoghurt
- juice of ½ lemon
- pumpkin seeds and sunflower seeds to serve

METHOD

- In a large bowl, combine all ingredients, saving both seeds to sprinkle on top.
- Almonds are optional to sprinkle on top, if no nut allergies.