



ALLERGIES:

No grains
No dairy
No eggs
No gluten
Low disaccharides

Prep time: 15 mins

Cook time: 15-20 mins

Serves: 8

INGREDIENTS

• **DRESSING**

- 1/2 cup vegan mayonnaise
- 1 tbsp olive oil
- 1 tbsp lime juice
- 1 tsp minced garlic
- 1/2 tsp pink rock salt
- 1/2 tsp smoked paprika
- Good pinch cayenne pepper

• **SALAD**

- 2 tbsp olive oil
- 3 medium zucchini, halved and sliced
- 1/2 cup spring onions, thinly sliced
- 1/2 iceberg lettuce, torn
- 200g mixed lettuce leaves
- 1 cup pecans, roughly chopped
- 1/2 cup sunflower seeds

METHOD

- Whisk together all the dressing ingredients in a small bowl, and stand aside.
- Pour olive oil into frying pan, heat to medium high and add zucchini.
- Fry, stirring as it browns, and cook until slightly firm but cooked through.
- Remove zucchini and add pecans and sunflower seeds to the pan.
- Roast quickly while stirring.
- Place lettuce leaves and spring onions into a large bowl and toss to combine.
- Stir through zucchini, and sprinkle nuts and seeds on top.
- Serve dressing in a separate jug, or drizzled over the top.

ZUCCHINI AND PECAN SALAD

