



BIO ROCKET AND PEAS SALAD

Ingredients

1 cup rocket	½ lime
2 cups spinach	Grated lime rind
1 cup Actiture bio peas	50 ml Olive oil
½ avocado	1 tablespoon Modena vinegar
1 cucumber	Salt

Instructions

1. Cook the Actiture bio peas in a casserole pan with boiling water approximately 2 minutes until they're white. Strain them and set them aside.
2. Put the rocket, spinach and bio peas in a serving dish.
3. Cut up the avocado into thick slices and peel the cucumber and cut it into slices too. Put both ingredients into the salad serving dish.
4. Put the half lime juice, the grated lime rind a bowl, the olive oil, Modena vinegar and salt to taste in a bowl and mix well with a whisk so it gets mixed in.
5. Sprinkle a few teaspoons of lime vinaigrette on the salad and you can now enjoy this amazingly fresh and healthy salad!