

WILD CAUGHT SALMON SALAD WITH SPELT AND AVOCADO.

This salad is a great source of Omega 3, complete proteins, minerals and antioxidants. Perfect aid in managing hormonal imbalances or to give the skin glow 😊



Serves 2

Ingredients:

- 1 can of wild caught salmon (or sardines or mackerel)
- 60g of spelt
- 1 small or ½ medium raw courgette, diced
- 1 medium avocado, slices or diced
- 1 tbsp. of chopped parsley or coriander
- A bunch of alfa alfa sprouts (or other sprouts or any green salad leaves)
- 1 tsp of capers
- 1 small clove of garlic chopped
- ¼ red onion finely chopped
- 1-1.5 tbsp. olive oil
- Salt

Cook spelt according to the package instructions, until soft (20-25mins approx.). Put all the rest of the ingredients in a bowl. Once the spelt cooked, drain it off, rinse it with cold water, to cool it down and then add it to the bowl with other ingredients. Stir gently. Season to your preferences and serve.

Tip.

You can replace spelt with other grains like barley or buckwheat.