Zucchini, lemon and goat's cheese salad

Preparation time
15 minutes

Cooking time
3 minutes

Serves
4

Recipe courtesy of
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Ingredients Method Nutrition

2 large zucchini

1 bunch asparagus

20 snow peas

150g baby spinach leaves (or Mesclun salad mix)

2 tbsp fresh mint leaves, finely chopped

half a red onion, diced

juice of 2 lemons

2 tbsp marinated goat's cheese

1/4 cup slivered almonds

cracked black pepper, to taste

1. Bring a medium pot of water to the boil. Slice the zucchini into pieces roughly 1cm wide, then cut in half lengthways.
2. Prepare the asparagus by snapping off the woody ends.
3. Prepare the snow peas by topping and tailing and removing outer string.
4. Using the boiling water, steam or blanch the zucchini, asparagus and snow peas for 3 minutes, then rinse under cold water.
5. Toast the slivered almonds until golden brown, using an oven grill or alternatively in a fry pan over medium heat.
6. Combine the spinach leaves, chopped mint leaves and onion in a large bowl. Add the cooked green vegetables.
7. Add to the greens the lemon juice, goat’s cheese, nuts and pepper to taste. Stir well to combine and enjoy as a side salad.

Nutritional information is provided per serve

Engery	517 kJ (124 calories)
Protein	8.5g
Saturated Fat	1g
Total Fat	6g
Carbohydrates	5.6g
Sugars	5g
Dietary Fibre	6g
Sodium	149mg