



# CITRUS & WHITE BALSAMIC SUPERFOOD SALAD

## INGREDIENTS

- 250 g Tenderstem broccoli
- 175 g Country Range Butter Beans in Water
- 2 Ripe Avocados
- 250 g Cooked Quinoa
- 100 g Lollo Rosso Lettuce
- 50 g Country Range Pumpkin Seeds
- 100 g Country Range Frozen Sweetcorn
- 5 tbsp Country Range citrus & White Balsamic Dressing
- 100 g Baby Spinach

## METHOD

1. Bring a saucepan of water to the boil and fill a second large bowl with ice-cold water
2. Add the broccoli, sweetcorn and butter beans to the boiling water and cook for 2 mins
3. Remove the broccoli, sweetcorn and beans and drop in to cold water to cool
4. Halve and stone the avocados and cut in to chunks
5. In a large bowl add the lollo rosso leaves and baby spinach
6. drain the broccoli, sweetcorn and butter beans and add to the bowl
7. Pour in the Citrus & White Balsamic dressing
8. Toss to cover the ingredients
9. Gently mix in the avocado chunks
10. Sprinkle the quinoa and pumpkin seeds over the top
11. Serve with a side of Citrus & White Balsamic dressing