

Healthy Boxing Day Salad



Ingredients

200g sprouts, cleaned, trimmed and finely sliced

2 satsumas, peeled and segmented

4 celery sticks, roughly sliced

1 red onion

6 sprigs mixed herbs, such as mint and parsley

50g mixed nuts and seeds, such as poppy seeds and hazelnuts

Extra virgin olive oil and a squeeze of lemon, to dress the salad

Method

- Combine all the ingredients. Season with a little salt and dress with the oil.

Recipe from Tom Hunt, The Natural Cook brought to you by

