

CHICORY, RADICCHIO & BLOOD ORANGE SALAD



QUICK

10 mins prep time

HEALTHY

Chicory (aka endive) is a great source of, Vitamin K which plays an important role in helping your blood clot and bone health

FAMILY

Feeds 6-8 as a side dish

MEALS

This is a delicious, fresh side dish

INGREDIENTS

- 200g mixed lettuce leaves e.g lettuce, spinach, watercress, pea shoots, rocket etc
- 1 head chicory (300g)
- 3 blood oranges or 1 pink grapefruit and 2 blood oranges
- ½ radicchio
- 2 tbs olive oil
- 60g pumpkin seeds

METHOD

- 1) Dry fry your pumpkin seeds in a frying pan
- 2) Lay lettuce leaves at the bottom of your dish
- 3) Slice the chicory and the radicchio and add
- 4) Zest 2 of the oranges, then peel and chop them into chunks - place chunks over the leaves
- 5) Make the dressing by mixing the orange zest, juice of 1 orange and the oil. Drizzle over your salad.
- 6) Leave layered or mix together
- 7) Sprinkle the pumpkin seeds on top and serve



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com