

# LETTUCE & PINK GRAPEFRUIT SALAD



## QUICK

10 mins prep

## HEALTHY

Grapefruit and pomegranate both provide Vitamin C which can help with the absorption of iron

## FAMILY

Feeds 5 as a side dish

## MEALS

This salad is a colourful vegetarian version of a prawn cocktail

## INGREDIENTS

- 200g chopped lettuce – iceberg/romaine/baby gem
- 1 pink grapefruit (approx 500g unpeeled weight)
- 25g pumpkin seeds
- Seeds from ½ pomegranate (approx 50g)
- 1 tbs mayonnaise
- 1 tbs tomato ketchup
- Juice of 1 lemon
- Optional – 1 avocado

## METHOD

- 1) Slice the lettuce
- 2) Mix the mayo, tomato ketchup, lemon juice and S & P in a jar – shake well
- 3) Segment the grapefruit, (I cut it over the salad so any excess juice drips in)
- 4) If using avocado, dice it and add it now
- 5) Dry fry the pumpkin seeds or roast them in an oven for 8 mins
- 6) In a bowl, mix the grapefruit, lettuce and pomegranate seeds (save a few to sprinkle on top) with the dressing
- 7) Place in a serving dish and sprinkle with the pumpkin seeds and remaining pomegranate seeds
- 8) Enjoy



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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](http://www.quickhealthyfamilymeals.com)