

Salad for 2: Penelope's Garden Green Mix

Ingredients:

Quantity:

Mixed baby greens	2 handfuls
Grape tomatoes	8, cut in half
Green onion	4
Red onion	¼ handful
Red pepper	¼ handful
Green apple	½ handful
Pink grapefruit	½ handful
Blood orange	½ handful
Organic raisins	1 handful
Organic cucumber	¼ handful
Organic mixed nuts	1 handful
Dried fruit	1 tablespoon
Extra virgin olive oil	To flavour
Balsamic fig vinegar	To flavour
Goat feta	1 teaspoon, crumbled
Chopped parsley	1 handful
Chopped basil	4-6 leaves
Thyme	2 teaspoons

Prep time: 45 minutes

Serve with pan-fried sole fillets, roast chicken breast, smoked salmon or black beans