

## Beyond your Scale Kitchen

Keep it easy with these simple but delicious recipes. From make-ahead lunches and midweek meals to fuss-free sides and moreish desserts, we've got everything you need.

### SPRING SALAD

A delicious salad you can enjoy anytime, any season. Irresistible salad recipes go way beyond lettuce. Think lentils, snap peas, spinach, asparagus, and tuna.



## Spring Salad

4 servings

15 minutes

### Ingredients

- 2 cups Green Lentils (cooked, drained and rinsed)
- 3 cups Snap Peas (washed)
- 1 cup Frozen Peas (thawed)
- 2 cups Baby Spinach (chopped)
- 2 cups Asparagus (trimmed and halved lengthways)
- 2 cans Tuna (drained and flaked)
- 3 tbsps Red Wine Vinegar
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Dijon Mustard
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper

### Directions

- 1 Combine lentils, snap peas, green peas, spinach, asparagus, and flaked tuna together in a large mixing bowl.
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- 2 In a small jar, combine vinegar, olive oil, mustard, salt and pepper. Put lid on and shake well. Pour dressing over salad and toss well. Divide into bowls and enjoy!

### Notes

**Storage:** Store in the fridge in an airtight container up to 3 days.

**No Tuna:** Use diced chicken breast instead.

**Vegetarian and Vegan:** Skip the tuna and add extra lentils.