

# Avocado Watercress & Walnut Salad with a Chunky Pesto

Serves 1 as a main

Ingredients:

Chunky Pesto:

2 handfuls basil leaves

Juice of 1 lemon

1 garlic clove

1/3 cup shelled peas (30g) (fresh or frozen)

2 tbs extra virgin olive oil

Big pinch of salt

Salad:

80g mange tout/snow peas and/or sugar snap peas

1/2 large avocado

1 big handful watercress

5 walnut halves (20g)

Method:

Pop a pot of water on to boil.

Pull the stem top and 'string' from the side of each mange tout/snow peas.

Once the water is boiling put in to blanch.

After 10 seconds strain them out of the boiling water and rinse with cold water to prevent them cooking further.

Then thinly slice and put into your salad bowl.

To the salad bowl add the watercress, walnuts and the peeled, de-stoned and chopped avocado.

Put the peas into the boiling water.

If from frozen pull them out after 30 seconds, or if fresh peas then cook them for 1-2 minutes depending on their size.

Then drain and rinse with cold water to prevent them cooking further.

Put all the pesto ingredients into a high-speed blender and pulse until blended into a thick chunky pesto consistency.

Massage 1 heaped tablespoon of the pesto through the salad ingredients.

Sometimes I make this salad up to use as a side dish within a larger meal; Other times I like to use this salad as a main course dish, adding a bit more protein in by combining in cooked lentils or crumbled firm tofu or cooked seafood.

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