



EASY TO PREPARE



**HI IN
FIBRE**



**POTENT
ANTIOXIDANT**

RICH IN VITAMINS A & C

LETTUCE

SPRING ONION



CHERRY TOMATOES



**LOW IN
CALORIES**



**DELICIOUS
FRESH
SALAD**

HOME GROWN TASTES BETTER

CHERRY TOMATOES

SOWING TIME - Early spring/late Summer

GERMINATION - Time from seed to harvest for these plants is about 25 to 30 days

PLANTING INSTRUCTION - Plant \pm 3mm deep. Space the seeds 3 to 6 cm apart. Keep the soil moist. Feed with Gro™ water soluble fertilizer every 2 weeks. Plant in full sun or partial shade.

LETTUCE

SOWING TIME - All Year. **GERMINATION** - 7 - 14 days

PLANTING INSTRUCTION - Plant \pm 3mm deep and 2.5cm apart. Plant in full sun (winter) or partial shade (summer)

SUGAR SNAP

SOWING TIME - Spring and Summer. **GERMINATION** - 10 - 12 days

PLANTING INSTRUCTION - Plant 25mm deep. Space about 12cm apart. Keep the soil moist. Feed with Gro™ water soluble fertilizer every 2 weeks. Plant in full sun or partial shade.

PESTO CHICKEN & SPINACH SALAD

Makes about 2 servings.

This pesto chicken and spinach salad recipe is really simple, yet it bursts with flavour and satisfaction.

It makes a great lunch as the warmer months approach but can be a great addition to any fat loss program at any time of the year.

It packs a great nutritional punch also, spinach is high in vitamins and minerals and other phytonutrients and flavonoids, which act as powerful antioxidants to boost health and fitness.

INGREDIENTS:

2 chicken breasts
12 cherry tomatoes
4 cups (4 large handfuls) spinach
2 small red bell peppers
2 small green bell peppers
12 slices of cucumber
4 tsp of prepared green pesto sauce

Optional Additions

12 black olives
6 spring onions
Handful of seeds i.e. sunflower and sesame
2 cups lettuce

INSTRUCTIONS:

Dice the raw chicken breast into several smaller pieces with a sharp knife. You can choose to cook the chicken in the oven on gas mark 5 for around 20-30 minutes or fry in a pan using extra virgin olive oil on a medium heat for around 8-10 minutes or until golden and cooked right through (making sure it is not pink in the middle of the chicken pieces).

Once the chicken is cooked place it in a mixing bowl along with the fresh baby spinach.

Slice the cherry tomatoes (or keep them whole if you prefer), slice the red and green bell peppers and lastly slice the cucumber into desired sized pieces. Add all of these ingredients to the bowl of chicken and spinach and mix thoroughly.

Once you have your salad mix you can now add your green pesto and mix in using an appropriate utensil or hands, assuming they are clean of course!

