

Feel Good Salad

Pack this salad for lunch and your brain will thank you for it! Both green leaves and butterbeans are excellent sources of magnesium, a mineral which helps us feel relaxed and better handle stress, by supporting nerve signalling and the making of 'happy' brain chemical serotonin.

Pumpkin seeds, a handy source of omega 3 fats are known for improving mood and helping brain chemicals to do their job. Like most seeds, they also provide zinc, a natural anti-depressant, which is frequently low in today's convenience foods diets.

Serves 1



Ingredients

The Salad

- 120g butter beans, cooked (half a can, drained and rinsed)
- 2 large handfuls baby leaves (such as spinach, rocket, watercress)
- 5 large green olives
- 100g Feta cheese
- 1 medium sized spring onion
- 1 tablespoon pumpkin seeds
- 1/2 tablespoon mild olive oil (for browning the butter beans)

The Pesto Dressing

- 50 g pine nuts, dry fried until golden
- Large bunch of basil
- 50g shaved parmesan
- 150ml olive oil (extra virgin)
- 2 garlic cloves
- Pinch of Himalayan salt



Method

The Salad

1. Heat the mild olive oil in a frying pan and add the beans. Leave for a couple of minutes to brown, stirring occasionally.
2. Place the baby leaves, olives cut in half, crumbled feta cheese, and chopped spring onion in a wide bowl.
4. Leave the beans to cool slightly.
5. Dry fry the pumpkin seeds until they begin to pop slightly, just enough to give them a slightly more crunchy texture.
6. Mix your warm beans with the rest of the ingredients and 1 tablespoon of the pesto sauce and sprinkle the seeds on top.

Pesto Dressing: Throw all of the pesto sauce ingredients into a food processor and process until smooth, then season. It will keep in a jar in the fridge for up to two weeks. Use 1 tablespoon per serving.

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