Supergreens Salad with Honey Herb Dressing

EASY • 30 MINS

Could there be a more beautiful way to eat your greens?! Whether you enjoy this gorgeous salad with lean fish, tofu or meat, one thing is for sure – you'll love the rich, creamy honey avocado dressing this superfood salad features.



SKILL LEVEL	PREP TIME	SERVINGS
Easy	30 mins	4

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Ingredients

Dressing

- ½ tbsp Capilano Organic Raw Honey
- 1 avocado, skin and seed removed
- 1 tbsp apple cider vinegar
- 1 tbsp lemon zest
- 1 garlic clove, halved
- 1 tbsp tamari
- 1/3 cup fresh cilantro leaves
- 1/3 cup fresh continental parsley leaves
- 2 tbsp water

Salad

- 6-8 asparagus spears, ends trimmed and shaved with a peeler
- ½ cup frozen peas, thawed and blanched
- 1 large Lebanese cucumber, thinly sliced
- 2 cups green leaves of choice (we used mixed lettuce, but you can use kale, spinach etc)
- 50-80g snow pea shoots, to serve
- 1 tbsp hemp seeds, to serve
- 2 tsp sunflower seeds, to serve

Method

1. To make the dressing, combine all the dressing ingredients except water in a small blender and blend until smooth. Season to taste and then add a little water at a time until you have reached your desired dressing consistency.

2. In two salad bowls arrange the salad ingredients and then top with the dressing. Add the pea sprouts, sunflower seeds and hemp seeds to serve.

Used in this recipe



Organic Raw Honey

Smooth, sweet and fragrant, Capilano Organic Raw Honey is made by Aussie bees that have foraged native eucalypt and ground flora in Australia's pristine national parks and forests.

Discover a Premium Taste
Perfectly pure, this honey is delicious drizzled on toast, cereal, tea, smoothies and yogurt.

Australian Certified Organic
This exceptional honey has been hand harvested by Aussie beekeepers from hives located within a 5km organic foraging radius and carefully packed to organic specifications.

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Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savory recipes. Learn more about how to swap Capilano for sugar in your recipes here.

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