

# FIONA TUCK

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NUTRITION WELLNESS YOGA



## Fresh and Crunchy Green Salad

GF, DF, VG

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### Ingredients:

200g green beans, steamed and cooled  
1 large Lebanese cucumber, cut into large chunks  
1 medium cos lettuce, roughly chopped  
½ large avocado, cubed  
1 tbs nuts of choice, chopped

### *Dressing:*

½ bunch basil  
Juice of ½ lemon  
¼ clove of garlic  
2 tbs tahini  
¼ cup filtered water

Prep: 15 mins

Cook: N/A mins

Serves: 6

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### Directions:

1. Toss the salad ingredients (except the nuts) together in a large serving bowl
  2. To make the dressing, combine all ingredients into a food processor and blitz until it forms into a smooth consistency. Toss through the salad just before serving
  3. Top the salad with the nuts before serving.
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