



## BLT Salad

Serves 4-6 bariatric portions – Prep time: 15 mins

### Ingredients

- 4 cups Mixed salad leaves
- ½ cup Fresh coriander leaves
- 1 sml Red chilli, finely chopped (optional)
- ½ pnt Cherry tomatoes cut in half
- ½ Red onion, finely diced
- 2 Spring onions finely sliced
- 2 Rashers lean bacon, cooked and chopped
- 2 Tbsp Sunflower seeds (or mixed seeds)

### Directions

Place salad leaves, coriander, chilli, and red onion in a large serving bowl.

Add chopped bacon and sprinkle with sunflower seeds.

Toss gently to combine.

### Serving Ideas

Pair with grilled chicken, salmon, or lean steak for a balanced protein meal. Drizzle lightly with olive oil and lime juice or your favourite low sugar mayo just before serving.

