

# Super-quick heart healthy salad

Serves 2

## Ingredients:

- 1 pouch of ready-to-eat mixed grains (e.g. rice, couscous, quinoa)
- 1 carrot, grated
- ½ red onion or 1-2 spring onions finely sliced
- 1 tomato diced
- Chunk of cucumber diced
- 1 apple diced or grated
- 1 tin of sardines or mackerel in oil or water flaked into small pieces
- 1 tbsp oil
- 1 lemon, juiced

## Equipment:

Bowl to mix, microwave and knife

## Method:

1. Heat 1 pouch of ready-to-eat grains following pack instructions then tip into a bowl and cool.
2. Add the rest of the ingredients and mix thoroughly.

## Added extras:

You can use whatever veg/salad you like. You could also swap the oily fish for some tuna, lean meat, egg or tofu.

*Enjoy!*



Pouches of mixed grains, such as rice, couscous and quinoa are a useful store cupboard ingredient, this recipe turns them into a tasty salad in minutes.



Serving Suggestion