



**TUESDAY**  
**LUNCH**

**TETROGEN**

# Prep Time: 10 Mins

## INGREDIENTS

1 head of radicchio  
1 large or 2 small heads of chicory  
1 x 180g packet of sprouted beans  
100g baby spinach  
1 firm ripe pear

### For the dressing

100ml olive oil or sunflower oil  
50g pumpkin seeds  
20g fresh curly or flat-leaf parsley  
2 tablespoons honey  
2 teaspoons apple cider vinegar or balsamic vinegar  
1 teaspoon salt

## DIRECTIONS

1. Make the dressing first. Use olive oil if you like the taste - sunflower oil will be more neutral in taste. Toast the pumpkin seeds in a dry frying pan over a medium heat for a few minutes, until they start to release their aromas and change colour slightly. Put the seeds into a food processor or blender with all the other dressing ingredients and whiz until smooth.
2. Cut the radicchio in half, cut out the end and slice into thin strips. Do the same with the chicory and cut into small pieces. Rinse the sprouted beans and spinach. Core the pear and cut into slices. Put all these ingredients into a large bowl and toss with the salad dressing. Only dress what you use, as it doesn't store well - or eat it all in one go!