Anti-inflammatory Omega-3 salad

This is a pleasing salad with lots of texture, mixing creamy avocado with crunchy celery. I love the green speckled through with pink trout and purple puy lentils. The trout, avocado and flaxseed oil are great sources of Omega 3 essential fatty acids which have potent anti-inflammatory properties. Easy to put together, this salad could replace the sandwich in your lunchbox.

Serves 2

Ingredients

- 75g puy or beluga lentils (dry weight)
- Or 150g lentils (pre-cooked)
- 150g smoked trout or salmon
- 2 celery stalks, finely sliced
- 1 medium avocado, cubed
- 2-3 large handfuls of rocket

Dressing:

- 3 tbsp flaxseed or olive oil
- 1 tbsp apple cider vinegar
- 1 tsp green pesto

Method

1. If using dried lentils, place in a pan of water and simmer for 15-20 mins.
2. Once lentils are cooked drain and run them under cold water to refresh.
3. Toss all the remaining ingredients together in a bowl.
4. In a separate bowl whisk together the dressing ingredients.
5. Dress salad and serve.