**Cath's Rainbow Salad**

**(serves 2)**

**Contains per serving** Vitamin K (mcg)            **337** Protein (g)                 **7.5**

Calories (kcal)           **180.5** Fat (g)                         **15.1**

**To make you will need** 3 tomatoes, differing colours if possible

½ medium onion

1 baby gem lettuce (50g)

1 courgette, peeled into ribbons (green or yellow)

1 tbsp. capers

25g pea shoots

Sprinkle cider vinegar

Drizzle of olive oil

salt + pepper

**Method**

* Cut the tomatoes in wedges.
* Peel the onions, cut them in half and slice.
* Peel the courgette to the middle with a potato peeler.
* Break apart the gem lettuce and place on the bottom of the plate.
* Lay on top of the lettuce the courgette ribbons.
* Sprinkle on top the tomatoes, capers, onions and pea shoots.
* Serve immediately. Can also be stored in a tub in the fridge without the dressing to eat when you are ready.

This rainbow salad is great as a light vegetarian lunch, a side salad to go with your main or a snack to boost your vitamins and minerals.