

## Snow pea, avocado & turkey salad



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Preparation 15 mins | Cooking 30 seconds | Serves 4

200g snow peas, trimmed  
1 medium ripe avocado  
½ small iceberg lettuce leaves, roughly torn  
2 small Lebanese cucumbers, cut into small sticks  
200g sliced roasted turkey  
Wholegrain sliced bread, to serve

### Red currant dressing

2 tbs red currant jelly  
¼ cup reduced fat Greek-style natural yoghurt  
1 tbs reduced fat mayonnaise  
1 tbs lemon juice

**STEP 1** Bring a small saucepan of water to the boil over high heat. Plunge snow peas into the pan and cook for 30 seconds. Drain and refresh in cold water. Dry with paper towel.

**STEP 2** To make red currant dressing, combine all ingredients in a bowl or jar. Season with salt and pepper and whisk until well combined.

**STEP 3** Peel, halve lengthways and deseed avocado. Cut lengthways into wedges. Arrange avocado, snow peas, lettuce, cucumbers and turkey on a serving platter or individual serving plates. Serve with red currant dressing and wholegrain sliced bread.

### Good for you... SNOW PEAS

*An excellent source of vitamin C, which is important for the structure and function of blood vessels throughout the body. Provide dietary fibre, which is often lacking in the diet and is needed for a healthy intestine. A source of potassium, which contributes to the normal functioning of the nervous system.*

