

Rocket (Arugula) and Avocado Salad

Calories: 25 kcal

Servings: 2

Time: 5 Mins

Ingredients

- 1.00 whole Avocado (chopped)
- 1.00 tbsp Flaxseed Oil
- 2.00 tbsp Lemon Juice
- 240.00 g Rocket
- 2.00 g Salt and Pepper (to season)

Instructions

1. Make dressing: In a medium bowl, whisk together olive oil and lemon juice, then season with salt and pepper.
2. In a salad bowl, lightly dress rocket and avocado.