

Cucumber Salad

I don't like salad. And having said that... I could live on this stuff. If you aren't a fan of salad, give this a try, it might totally change your mind.

Ingredients:

- 1 cucumber
- basil
- a handful of pecan nuts
- 1 tbsp butter
- 1/2 red onion (or spring onion)
- 1 medium yellow pepper (or whatever colour you have)
- 1 avocado
- chives
- blue cheese
- danish feta (or goat's cheese feta - I didn't have any, this works really well)
- 1/2 lime
- 10 olives



Directions:

1. The ingredients in this can vary based on what you like/have available and how much salad you want to make. One medium cucumber makes enough salad to feed about 6 people as a small side, and 4 as a main element of the meal. Cut the cucumber into quarters.
2. Melt the butter in a frying pan and fry the pecans until they are slightly browned. Set aside.
3. Slice the avocado in half and remove the pit. Mix the cucumber, avocado and pecans together in a big bowl.
4. Cut the chives into the salad.
5. Slice the rest of the ingredients into the salad, add the cheese and mix well.
6. Squeeze the lime over the salad and add some salt & pepper. I've made this with chicken strips in it as a main meal before and it is very filling. I've also added sprouts to this before.
7. It lasts really well in the fridge for lunch (or dinner v 2.0) the next day.

Recipe and images by www.alittlebitofketo.com