

Lunch Recipes

Houmous, Salad with Naan Bread

**One
Life
Suffolk**

Ingredients (Serves 2)



200g low-fat houmous (can buy from any supermarket example)



1 chili thinly sliced



Season with black pepper and thyme (optional).

Salad



1 handful of lettuce leaves



1 medium tomato



1 tbsp of sweetcorn



1 handful of spinach.



2 cucumbers, diced.



NAAN BREAD (plain or garlic coriander; can buy from any supermarke)



Method

1. Add all salad contents into mixing bowl and add seasonings.
2. Serve with hummus and naan bread.

Nutritional Information

[Approx. Per Serving]

Calories: 400Kcal
Carbohydrate: 40g
Fat: 16g
Protein: 19g

Cost:

[Approx.]
Total Ingredients: £8.00
Per Serving: £4.00