

# Emma Sutherland N.D.BHlth Sc (CompMed) MATMS, MNHAA

## Emma's Detoxification Salad

Use organic ingredients only, preferably home grown where possible!

### Salad ingredients:

1 red capsicum  
1 cucumber  
1 carrot  
1/8 red cabbage  
40gr broccoli sprouts  
50gr rocket  
50gr spinach  
50gr cos lettuce  
1 teaspoon black sesame seeds  
1 can sustainable fished tuna  
½ avocado

### Dressing Ingredients

1 teaspoon seeded mustard  
1 teaspoon red wine vinegar  
Juice of one lemon  
100ml extra virgin olive oil  
½ teaspoon Dulse flakes  
Cracked pepper

### Instructions

Use a mandolin to finely slice the capsicum, cucumber, carrot and cabbage. Put in a large bowl. Add the rocket, spinach, cos lettuce, broccoli sprouts and black sesame seeds. Gently mix together. Cut avocado into slices and add to bowl. Drain tuna and add to bowl. Combine all dressing ingredients in a glass jar, shake vigorously and pour over salad. Mix dressing through the salad until all salad leaves have a shiny appearance. Fill a large salad bowl and enjoy, knowing that with every mouthful, you are providing the essential nutrients to enhance detoxification pathways.