green salad.

1. Ingredients.
   handful of green beans
   bunch of rocket
   4 zucchinis spiralized or grated
   4 peas sliced
   1 bunch of chives
   sprinkling of snow pea shoots or pumpkin seeds
   2 spring onions

   1. Wash rocket and divide into 2 bowls.
   2. Chop beans and blanch them for a couple of minutes in boiling water; then place into very cold water, drain
   3. Grate or spiralize zucchini and marinade with the following:
      - 1/4 cup extra virgin olive oil
      - 2 tablespoons apple cider vinegar
      - 2 tablespoons honey
      - 1 lemon juiced
      - 1 orange juiced
   4. Cut peas into slices, then pan fry in butter over medium heat. Take out to cool.
   5. Place beans, zucchini including the dressing, chopped chives, spring onions, snow pea shoots/pumpkin seeds onto the top of the rocket.
   6. Mix all together.