



# *Pomegranate*

## *Spring Salad*



### *Ingredients*

- 2 x Whole pomegranates
- 100 grams organic rocket
- 150 grams Goats cheese
- 2 x tbsp Hemp seeds
- 1 bulb of fennel
- Olive oil

### *Method*

- Remove all seeds from pomegranates and add to large salad bowl
- Shave or finely chop fennel in to thin pieces and add to pomegranate in large bowl
- Add rocket and hemp seeds
- Combine all ingredients together
- Crumble goats cheese on top of salad
- Drizzle desired amount of olive oil over the top
- Enjoy!