

# Eating Well Made Easy

Dinner with Spotlight Health and Pure Sports Medicine

## Starter

### **Oven baked Scottish salmon salad**

Fennel, orange, lemon Greek yoghurt dressing,  
pomegranate, five seeds (F, M, Se)

## Main course

### **Indian spiced lentil dhal**

Turmeric, miso braised hispi cabbage, hazelnuts,  
broccoli-lemon, fresh herbs (M, N, So)

## Dessert

### **Buckwheat pancakes**

Chia seeds, manuka honey, thickened yoghurt,  
blueberries, banana (M, G)

## Tea and coffee