

~ EAT WELL ~

At Home Rituals by [Bulgari Spa London](#)

BEST FOR

Adriano Cavagnini, Executive Chef for Bulgari Hotel London, lists the recipe and five steps for creating our superfood salad at home, a delicious dish which is full of nutritious organic ingredients to fuel a healthy body and is ideal for those wanting to eat well.

FIVE STEPS

1. Gather together the following organic ingredients, to serve two: 125g alfalfa sprouts and 200g mung beans (both washed in cold water and drained), one Hass avocado (cut in small cubes), two spring onions (rinsed in cold water and shaved into thin slices), half a cucumber (peeled, deseeded and cubed) and four tablespoons of pomegranate seeds.

2. Assemble the following organic ingredients for the dressing: one pink grapefruit, half a lemon, extra virgin olive oil, salt flakes and fresh black pepper.

3. Start by making the dressing. Combine six tablespoons of olive oil in a glass jar (or small bowl) with five tablespoons of freshly squeezed grapefruit juice and two tablespoons of lemon juice. Add a sprinkle of salt flakes and black pepper, then either hand whisk or use a stick blender to obtain a creamy, smooth dressing.

4. In a large bowl, place the alfalfa, mung beans, pomegranate seeds and cucumber. Gently combine them all together until all ingredients are evenly mixed.

5. Finally, add the avocado, spring onions and dressing to the salad mixture, and gently stir together. Serve in a large bowl, adding a few salt flakes and olive oil to taste as required.

ADDITIONAL TIPS

- ✓ With pomegranates, do not cut them open to get the seeds – instead, score the skin and gently peel, which prevents the seeds from breaking, and keeps them juicy and crunchy for the salad.
- ✓ You can wash and prepare all the ingredients in advance and keep them under a wet cloth, prior to serving. However the avocado must be chopped last minute, and added just before dressing the salad.
- ✓ Use a Florida grapefruit if available, as they have a better balance of sweet and acidic flavours.

