

## Leon Happy Salads Happy Leons

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He wrote LEON Naturally Fast Food with Henry Dimbleby, LEON Family & Friends with Kay Plunkett-Hogge, LEON Happy Salads and LEON Fast & Free with Jane Baxter and LEON Happy Soups, LEON Happy One-pot Cooking, LEON Fast Vegan and LEON Happy Curries with Rebecca Seal. He thinks that our relationship with food should be positive and joyous and that we need to listen more carefully to our gut, eat more good fats and less sugar.

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Vietnamese Chicken Salad with Rice Noodles. Courgetti with Pesto and Grated Ricotta Salata. Bacon Fried Corn with Greens, Pork and Crisp Sweet Potato. Black Rice Salad with Peas, Egg and a Curry Dressing. Asparague, Couscous, Feta & Orange. Leon Original Superfood. Hot-smoked Salmon, Beetroot, Horseradish & Dill.

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