



FRESH AND ZESTY SALAD

Preheat oven to 180° C

Ingredients

1 serving

-  30 g Rocket
-  80 g Cucumber
-  40 g Carrot
-  25 g Spring Onion
-  50 g Mango
-  60 g Red Cabbage
-  50 g Baby Radishes
-  20 g Cashews
-  5 g Mint
-  3 g Coriander
-  2 g Sesame Seeds (toasted)
-  35 g Thai Sauce
-  1/4 Lime Slice



Steps

1. Peel the carrot and julienne (cut into thin strips) the carrot and cucumber.
2. Mince the mango, spring onion, red cabbage and baby radishes.
3. Wash and prepare the rocket.
4. Roast the cashews on a baking sheet covered with parchment paper at 180° C for 15–20 minutes, until golden. Remove from oven and chop once cooled.
5. Mince the mint and coriander leaves.



Serve

1. Combine all ingredients with half of the topping. Reserve some of the sesame seeds and cashews to use as garnishes.
2. Prepare the rocket bed and add the topping and reserved sesame seeds and cashews.
3. Serve with 1/4 slice of lime, cashews, sesame seeds, oil and Thai sauce.s