CURLY RAINBOW SALAD

INGREDIENTS

2 CARROTS, PEELED
½ BEETROOT, PEELED
CUCUMBER
1 AVOCADO, HALVED, PEELED AND DICED
MIXED SALAD LEAVES

DRESSING

1 TABLESPOON LEMON JUICE
2 TABLESPOONS EXTRA VIRGIN OLIVE OIL
1 TABLESPOON HONEY
1 TEASPOON DIJON MUSTARD
½ TEASPOON SALT AND PINCH OF BLACK PEPPER.

CRUNCHY SEEDS

¼ CUP (40G) PEPITAS (PUMPKIN SEEDS)
¼CUP (40G) SUNFLOWER SEEDS
TOAST IN A FRYPAN FOR 3 MINUTES

METHOD

1. Using a vegetable peeler slice carrots, cucumber and beetroot lengthways into long ribbons.
2. Shred cabbage finely and chop lettuce roughly.
3. Cut avocado in half and scoop flesh out with a spoon. Dice.
4. Add vegetables, salad leaves and avocado into a salad bowl.
5. Add all ingredients for the dressing into a jar and seal with a lid. Shake ingredients.
6. Top with dressing and toasted seeds. Mix gently.