

Rainbow Salad

Serves: 1

Prep time: 15 Minutes

Cooking time: Nil

Ingredients:

- ½ cup shredded red cabbage
- 2 tablespoons carrot, julienned
- 1 thinly sliced green onion
- ¼ cup snow peas, sliced
- 1 cheek of red capsicum, sliced
- 1 cheek of yellow capsicum, sliced
- ¼ cup chopped coriander

Dressing

- 1 tablespoon maple syrup
- 1 tablespoon lime juice
- ½ tablespoon vinegar
- 1 teaspoon ground cumin
- pinch salt
- pinch ground pepper
- 2 tablespoons olive oil

Method:

- Combine all dressing ingredients in a jar and shake well
- Place all salad ingredients into a large dish. Pour dressing evenly over salad and toss to coat

Note: This salad can be made in advance, place the salad ingredients in a ziplock bag and refrigerate until ready to use. Add dressing just before serving.

Note: This recipe was adapted from Amanda's "A salad a day" series

<http://www.sweetsandgreens.com.au/rainbow-salad/>



Looks lovely - tastes great