

Rainbow Garden Salad

VITACRESS™

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Love your body™*

Serves 4 as a side salad
Preparation time: 10 minutes

Ingredients:

- 2 Carrots
- 1 Yellow Pepper
- Handful Cherry Tomatoes
- 50g Pea Shoots
- ½ Cucumber
- 6 Radishes
- 4 Spring Onions
- ½ Lemon
- 1 tbsp Olive Oil



Method:

Top, tail and peel the carrot, then using a vegetable peeler, make long ribbons. Slice the yellow pepper and cucumber into long thin strips. Cut the cherry tomatoes into half. Thinly slice the radishes. Remove the outer leaves of the spring onion then slice into small rings. Place all of these ingredients into a salad bowl with the pea shoots. Drizzle on the olive oil and the juice of the lemon, then season. Ideal served with grilled chicken, steamed fish or slices of Serrano ham. This Rainbow Salad will make a colourful, nutritious addition to summer living.