

# Vegetable Salad w/mango & Chilli

Road To Optimal Health Recipe



## Recipe Nutritional Information

Calories: 200Kcals

Protein: 7g

Carbohydrate: 15g

Fat: 12g



# Ingredients



**\*225g/8oz white cabbage, cored**

**2 carrots, peeled**

**1 firm, medium mango, peeled and stoned**

**1 red chilli, deseeded and finely sliced**

**1 tbsp sunflower oil**

**3 tbsp sunflower seeds**

**4 tbsp pumpkin seeds**

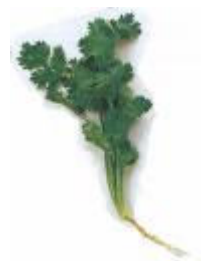
**juice 1/2 lime**

**2 tbsp chopped fresh coriander**

**1 (140g) bag watercress, spinach and rocket salad**



## Detoxifying Salad!





## **Instructions**

**Finely shred the cabbage and place in a large bowl. Coarsely grate the carrot and mango then add to the bowl with the chilli.**

**Heat 1 tsp of the oil in a frying pan, add the seeds and toast for 1min or until they are pale golden. Remove from the heat and cool. Add the lime juice and coriander to the remaining oil and season. Add the leaves, toasted seeds and dressing to the salad bowl and toss well to mix. Serve immediately.**

**Recipe from**

**BRING ON THE** *Salads*

# **Enjoy**



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by eating the right foods

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