

Mango and Carrot Salad

Total time **10 mins** **10 mins** preparation time

Nutritional facts (per portion):
625 kJ / 149 kcal

Fat: **5.3 g** Protein: **3.6 g**
Carbohydrates: **18.1 g**

INGREDIENTS

4 portion(s)

1	mango
1	Romaine lettuce
2	carrots
100 g	sprouted seeds
2 tbsp	olive oil
2.5 tbsp	white balsamic vinegar
100 ml	apple juice
2.5 tbsp	<u>Kikkoman Naturally</u> <u>Brewed Soy Sauce</u>
1.5 tbsp	maple syrup
	Freshly ground pepper

PREPARATION

Step 1

Prepare the salad by peeling the mango and cutting the flesh off the stone. Slice the mango flesh into thin strips. Slice the lettuce, then wash and dry. Wash and peel the carrots, then shave off thin ribbons using a peeler. Wash the sprouted seeds, if necessary.

Step 2

To prepare the dressing, use a blender to blend 4 tablespoons of sliced mango, the olive oil, vinegar, apple juice, soy sauce and maple syrup together. Season with pepper. Add the dressing to the salad and toss before serving.