

WHO DARES SLIMS - RECIPE

# Rainbow Salad

(Vegan!)



## Tips

Makes 2 portions

Bulk out your salad with some lean protein such as grilled chicken or prawns to make it a main meal!

## Ingredients

- 1 orange
- 1 avocado
- 2 carrots
- 10 radishes
- Handful of hazelnuts
- A handful of fresh coriander
- Teaspoon of extra virgin olive oil

## Preparation

1. Peel your orange and avocado then slice thinly and then into bite size pieces.
2. Grate your carrots and cut your radishes into slices.
3. Layer your veggies evenly between 2 plates and then dress with a teaspoon of olive oil.
4. Right before serving, scatter with some crushed hazelnuts and chopped coriander.
5. Enjoy on a warm summers day!