



AISAN MINTY SALAD RELAUNCHED

Inspired by Thai and Chinese flavors.

Nutrition Facts Per Serving: Calories 193, Protein 2g, Carbs 6g, Fat 10g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 10 min



INGREDIENTS

Lettuce, Organic Cucumber
Onion, Spring Onion
Fresh Mint Leaves
Thai Chili (optional)

Fresh Coriander Leaves
Thai Dressing
Organic Sesame Seeds
Nigella Seeds

METHOD

1. Chili use is optional as it is quite spicy.
2. Optional: Place a skillet over medium heat, when hot add the sesame seeds and dry-roast stirring all the time to avoid burning. Roast until fragrant and light golden.
3. Place chopped vegetables, seeds and leaves in a bowl, shake dressing to homogenize, add dressing to veggies & toss to coat. Serve immediately.



BON APPETIT