



AISAN MINTY SALAD

Inspired by Thai and Chinese flavors. For a fiery hot taste use the hot chili. For a milder taste skip it. Prefer just a hint of heat? Add as much of it as needed.

Nutrition Facts Per Serving: Calories 132, Protein 2g, Carbs 6g, Fat 3g

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

Preparation Time: 10 min



INGREDIENTS

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|-------------------|--|
| Lettuce | Thai Chili (optional) |
| Cucumber | Fresh Coriander Leaves |
| Onion | Thai Dressing (garlic, ginger,
lemon juice, lime juice, dark soy
sauce & sesame oil) |
| Spring Onion | |
| Fresh Mint Leaves | |

METHOD

1. Chili use is optional as it is quite spicy.
2. Place chopped vegetables and leaves in a bowl, add dressing and toss to coat. Serve immediately.



BON APPETIT