

Mango and Carrot Salad

Total time 10 mins 10 mins preparation time

Nutritional facts (per portion):

625 kJ / 149 kcal

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 Kikkoman Naturally

Brewed Soy Sauce

1.5 tbsp maple syrup

Freshly ground pepper

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

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, <u>Kikkoman Soy Sauce</u> and maple syrup together. Season with pepper. Add the dressing to the salad and toss before serving.