

# 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)

<b>1</b>	mango
<b>1</b>	Romaine lettuce
<b>2</b>	carrots
<b>100 g</b>	sprouted seeds
<b>2 tbsp</b>	olive oil
<b>2.5 tbsp</b>	white balsamic vinegar
<b>100 ml</b>	apple juice
<b>2.5 tbsp</b>	Kikkoman Naturally Brewed Soy Sauce
<b>1.5 tbsp</b>	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, [Kikkoman Soy Sauce](#) and maple syrup together. Season with pepper. Add the dressing to the salad and toss before serving.