

GREAT RECIPES
AS SEEN ON

BRITISH
MUSLIM TV

GREEN SALAD

WWW.HEALTHYKITCHEN.TV

Serves 4-6

Preparation time:

5 minutes

Cooking time:

No cooking required

Ingredients:

3 mixed head leaves

1 Carrot, peeled and grated

For the Dressing:

3 tbsp rapeseed oil

Juice of 1 lime

½ tsp sugar

1 tsp salt

Method

Wash salad leaves and put them in a bowl. Put all dressing ingredients into a small bowl and mix well. Add the dressing to the salad and serve.


healthykitchen

BRITISH
MUSLIM TV



AHDB
BEEF & LAMB

LAMB.
TASTY EASY FUN

www.simplybeefandlamb.co.uk

Supporting quality and trust in the Halal sector