

COMBINING RIGHT RECIPES

Neutral

Colourful Salad (vegetarian) – serves 2

Can be eaten on its own, or as a starter to a protein or starch main course.

- 1 small apple, peeled and finely sliced
- 2 small beetroot, cooked and sliced
- 1 medium carrot, grated
- a handful of lettuce leaves
- 8-10 sprigs of watercress
- a handful of rocket leaves (if available)
- 1 tsp mayonnaise

Arrange all ingredients on a serving platter and dress with mayonnaise.