

RAINBOW SALAD

Eat happy and live colorfully...

Eating with your eyes as well - this rainbow salad - first with your eyes and then with all your senses is a happy experience. It is great served as a bowl - where you separate everything - or of course it can be all mixed together. You can use any ingredients, the beauty comes from the colors.



6 SERVINGS

- * 250 canned chickpeas
- * 1 tea spoon curry powder
- * Olive oil for frying
- * Red pepper
- * 1 1/2 avocado
- * 150 g drained sweetcorn kernels
- * 100 g edamame beans
- * 2 carrots (aprox 100 g)
- * 100 grams fresh spinach leaves
- * 120 g red cabbage
- * 120 g cauliflower
- * 50 g beansprouts

Dressing:

- * 6 table spoons olive oil
- * 1 lemon
- * 1 cm ginger
- * Garlic powder
- * Salt
- * Pepper

How to: Drain and dry the chickpeas - heat olive oil in a small pan, and add the curry powder - fry the chickpeas for a few minutes - until they take color and taste from the curry. Remove from pan to cool.

Chop and dice all ingredients - place them individually in a large flat platter.

Prepare the dressing, olive oil, grate the fresh ginger and add the juice from one lemon. Sprinkle with salt and pepper - whisk it all together.