

Recipe of the Week

Healthy Salad

Ingredients

500g water
2 eggs
1 Tbls pecan nuts
200g cabbage roughly cut
100g carrot roughly cut
1 green pepper, cut into 4
100g cucumber roughly cut
1 tomato halved
100g lettuce roughly cut
60g reduced-fat feta cheese
½ avocado (sliced)
salt and pepper to taste
Olive oil and balsamic vinegar (for dressing)

Method

- Place 500g water into Tm bowl, insert basket and place eggs in basket
- Cook for 15 min /Varoma temp / speed 1
- Peel eggs and slice (set aside)
- Place pecan nuts in Tm bowl and chop 5 sec /speed 7(set aside)
- Place cabbage, carrots, green pepper, cucumber, tomato and lettuce into Tm bowl. Chop 2-3 sec /speed 4. Scrape down sides of bowl with the TM spatula. Chop for additional 2-3 sec / speed 4
- Place on serving dish
- Arrange avocado and eggs onto the salad
- Crumble the feta cheese and sprinkle with pecan nuts over the salad
- Season with salt and pepper
- Serve with a drizzle of olive oil and balsamic vinegar



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