



LETTUCE CASHEW SALAD

Calories:38

Carb:3.8g

Fat:2.2g

Protein:1.3g

Servings:4

Prep time:10 mins

Cook time:0 mins

Category: Salad

INGREDIENTS

- 2 cup lettuce
- 4 cherry tomatoes
- 10g pistachio
- 1 medium carrot
- 5 olives
- 1 tbsp tamari
- 1 tsp red wine vinegar
- 1 tbsp mustard

DIRECTIONS

- 1. Roughly cut the lettuce. Slice the tomatoes in halves. Cut the carrots into matchsticks.*
- 2. Cut the olives into pieces. Mix tamari, vinegar and mustard.*
- 3. Place all the sliced vegetables and pistachio in a mixing bowl, stir in the tamari dressing.*
- 4. Toss to combine well, enjoy!*