



# ASIAN SUNRISE SALAD

**1.** Slice the carrots lengthways into strips.

Thin slice the cucumber and tomato. Throw the pine nuts, sunflower seeds and pumpkin seeds into a dry frying pan on medium heat. Toast them for a couple of minutes but keep them moving so they don't burn.

**2.** The dressing is really fast.

Squeeze the juice from one orange into a small bowl then add a soup spoon of honey, a teaspoon of mustard, a little salt and the super-crushed garlic. Mix it really well.

**3.** Build your salad on a plate with cucumber slices round the outside, the bean sprouts in the centre then the carrots and tomato on top. Put a nice slice of orange in the centre then sprinkle over the seeds and pine nuts and pour over the tangy dressing. Enjoy!

**PREP** 10 mins - **COOK** 10 mins

**INGREDIENTS:** for 2 people

- 1 cucumber
- 2 carrots
- 1 red juicy tomato
- 1 big handful of bean sprouts
- ½ a handful of pine nuts
- Sunflower seeds
- Pumpkin seeds
- 1 piece of garlic
- 1 orange
- Olive oil
- Mustard
- Honey
- A little salt

**LOVE HEART FOOD**

