

# Edamame bean & avocado salad with ginger & citrus dressing



 30 min.  646 kcal  SteviaSweet Liquid

## Preparation

Make the dressing. Squeeze the lemon and lime juice. Peel and grate the ginger. Mix all the ingredients for the dressing and leave to set for a few minutes.

Boil the beans quickly in salted water and cool in cold water. Peel the carrots and make strips with a peeler. Peel and cube the avocado.

Mix the ingredients for the salad, add some of the dressing and serve. Add more dressing according to taste.

## Ingredients for 4 servings

### Salad

4	carrots
200 g	frozen soya beans
2	ripe avocados
65 g	sesame seeds
15 g	fresh coriander
15 g	fresh basil

### Dressing

	Juice from ½ lemon
	Juice from 1 lime
50 g	grated ginger
1/2 tsp	SteviaSweet Liquid
50 ml	sesame oil
200 ml	rapeseed oil
1 tsp	salt
	Ground pepper

## Nutritional information per portion

646	kcal
2713	kJ
1.3	g Protein
15.5	g Carbohydrates
60.5	g Fat