



## Orange and bean sprouts salad with fox nuts ( HS )

Serving: 1

Veg

### *Ingredients*

- Butterhead lettuce - 1 small
- Orange segments - 4-5
- Beans sprouts - 2 tbsp
- corn boiled - 3 tbsp
- Pomegranate kernels - 2 tbsp
- goat cheese - 1 tsp
- chia seeds - 1 tsp
- For dressing :orange soy vinaigrette
- : Orange zest
- white vinegar
- Fox nuts - 2 tbsp

### *Preparation Method*

- Fox nuts with butter head lettuce , orange segments , beans sprouts, boiled corn, pomegranate kernels and goat cheese with a sprinkle of chia seeds.
- Dressed in a soy orange vinaigrette with a hint of white vinegar, orange zest and agave .