



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

EDAMAME MISO SALAD

Time: 20 minutes

Serves: 4

Ingredients:

3 tablespoons fresh orange juice
1 tablespoon fresh lemon juice
1 tablespoon miso paste
½ teaspoon fresh grated ginger
1 tablespoon extra-virgin olive oil
3 cups cooked, shelled edamame
2 small apples – diced
2 medium carrots – peeled and coarsely grated
½ cup cilantro – roughly chopped
¼ cup red onion – finely chopped

Preparation:

In a suitable bowl, mix together the orange juice, lemon juice, miso and ginger. Whisk in the olive oil to complete the dressing.

Toss the remaining ingredients with the dressing and serve.

Nutritional Information Per Serving:

Calories: 294
Fat: 12g
Carbs: 34g
Fibre: 9g
Protein: 18g