



# RAINBOW SALAD

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## INGREDIENTS

- 250 g carrots, peeled and cut into 1 cm pieces
- 370 g cauliflower, cut into small florets
- 285 g broccoli, cut into small florets
- 225 g pear, cored and cut into 1 cm pieces
- 250 g beetroot, peeled and cut into 1 cm pieces
- 100 g olive oil
- 30 g apple cider vinegar
- 1 ripe mango, peeled and sliced
- Juice of 1 lime
- 1 shallot, peeled and finely sliced
- 1 tsp salt
- ½ tsp black pepper
- 30 g coriander, finely chopped

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## PREPARATION

1. Combine the prepared carrots, cauliflower, broccoli, pear and beetroot in the large mixing bowl.
2. To make the dressing: place the olive oil, apple cider vinegar, mango, lime juice, shallot, salt, pepper and coriander in a food processor or blender. Pulse 5–6 times to blend. (If you don't have a food processor or blender, mash the mango in the medium mixing bowl until it forms a smooth paste. Then whisk in the other dressing ingredients until combined.)
3. Pour the dressing over the prepared vegetables, mix well, and serve.