

Seville Slaw

Ingredients

60g courgettes

60g carrot

60g cucumber

Finely grated rind ½ small orange

1 tablespoon mayonnaise – check label for protein content

Salt and pepper to taste

Method

1. Coarsely grate the courgette, carrot and cucumber. Combine in a bowl.
2. Add the orange rind, mayonnaise and salt and pepper to taste, stir well until the vegetables are thoroughly coated.
3. Serve with the Loprofin Low Protein Herb Crackers.



This recipe was provided by Nutricia