



## Refreshing Veggie Salad

This recipe is healthy and easy to prepare, but extra points are given for the ingredients, such as garlic and ginger. Tasty and healthy.

### Ingredients

Number of persons: 4

#### Salad:

- 500 g fresh cucumber
- 500 g fresh tomato, sliced
- 100 g canned corn
- 50 g celery stalk, chopped

#### Dressing:

- 50 ml olive oil
- 2 tablespoons sesame oil
- 4 tablespoons soy sauce
- 3 tablespoons lemon juice
- 2 teaspoons fresh ginger, grated
- 2 garlic cloves, crushed
- 1 teaspoon [Vegeta Chicken Stock Powder](#)



Preparation time: 25 min

Energetic value: 279 kcal / 1166 kJ

Demanding:

### Preparation

1. Dressing: combine olive oil with sesame oil, soy sauce, lemon juice, ginger, garlic and Vegeta Chicken Stock Powder. Mix well.
2. Peel the cucumber, leaving some skin for colour, and slice.
3. In a deeper bowl combine cucumber, tomato, corn and celery. Mix through and pour with the prepared dressing.

### Serving

Serve on its own or as a side dish to almost any recipe idea.

### Tip

Prepare the dressing using a different dish and then dress the salad just prior to serving.

### My notes

