

Fresh Organic Rainbow Salad



Living in perpetual summer in Singapore means a fresh raw salad is always an option, as the weather is warm and we need to hydrate. Cucumbers and tomatoes are water rich, with a water content of 95% and 94% respectively. A diet rich in the fibre found in fresh vegetables is also thought to reduce the risk of developing cancer.

Leafy greens, pumpkin and the cabbage family are rich in eye-healthy carotenoids and vitamin C, while red cabbage with purple anthocyanins is thought to benefit the cardiovascular system.

Packed with nutrient dense organic kale, pumpkin and cabbage, this salad is a great way of eating a rainbow-full of antioxidants. Diets rich in vegetable antioxidants help protect the body from both external and internally produced free radicals.

Add heart-healthy organic extra virgin olive oil in some form of dressing and you have a really healthy meal!

Credits: Ceri, Zenxin master chef

Key facts:

Preparation: 20 mins

Total: 20 mins

Serves: 12

Ingredients:

4 organic English cabbage leaves ~100g, thinly sliced

4 organic red cabbage leaves ~100g, thinly sliced

100g organic Australian pumpkin, peeled and grated

50g organic Tuscan kale, thinly sliced

50g organic pea sprouts

1 pkt organic asparagus and baby corn, thinly sliced

1 organic Japanese cucumber, thinly sliced

100g organic cherry tomatoes, cut into segments

Method:

1. Wash all the vegetables and process as described above.
2. Gently place all the sliced and grated vegetables into a large bowl except the tomato segments.
3. Mix carefully, then add the tomatoes.
4. Serve with desired organic extra virgin olive oil dressing.