

# LOW CARB TURKEY SALAD



Serves: 5  
Prep: 25 mins  
Cook: 0 mins



Nutrition per  
serving:  
348 kcal  
18g Fats  
15g Carbs  
32g Protein



## WHAT YOU NEED

### For the salad:

- 1lb. (450g) cooked turkey breast, sliced
- 1 cup (70g) white cabbage, shredded
- 1 cup (70g) red cabbage, shredded
- 1 red bell pepper, finely sliced
- 1 large carrot, grated
- 6 radishes, finely sliced
- 1 cup (100g) bean sprouts
- 3 green onions, finely sliced
- 4 tbsp. coriander, chopped
- 3 tbsp. toasted sesame seeds
- 1/3 cup (30g) almonds, chopped

### For the dressing:

- 1/4 cup (60ml) tahini
- 1/4 cup (60ml) water
- 1/4 cup (60ml) lemon juice
- 1 garlic clove, minced
- 1 tbsp. honey

## WHAT YOU NEED TO DO

*Prep all the vegetables, wash and peel where necessary. Place the shredded cabbage, turkey breast, peppers, radishes, onions, grated carrot, coriander and almonds in a large bowl. Mix well to combine.*

*Make the salad dressing by blending all the dressing ingredients together until creamy.*

*Pour the salad dressing over the salad and toss to cover. Serve straight away or store in the fridge until required.*

