



Low Carb Turkey Salad

Serves 5

INGREDIENTS:

For the salad:

- 1lb. cooked turkey breast, sliced
- 1 cup white cabbage, shredded
- 1 cup red cabbage, shredded
- 1 red bell pepper, finely sliced
- 1 large carrot, grated
- 6 radishes, finely sliced
- 1 cup bean sprouts
- 3 green onions, finely sliced
- 4 tbsp. coriander, chopped
- 3 tbsp. toasted sesame seeds
- ½ cup almonds, chopped



For the dressing:

- ¼ cup tahini
- ¼ cup water
- ¼ cup lemon juice
- 1 garlic clove, minced
- 1 tbsp. honey

INSTRUCTIONS:

1. Prep all the vegetables, wash and peel where necessary. Place the shredded cabbage, turkey breast, peppers, radishes, sliced onions, grated carrot, coriander and almonds in a large bowl. Mix well to combine.
2. Make the salad dressing by blending all the dressing ingredients together until creamy.
3. Pour the salad dressing over the salad and toss to cover. Serve straight away or store in the fridge until required.