



ROASTED CARROT WINTER BULLET-PROOF SALAD

Perfect to enjoy Olixir to its full potential

SERVINGS: 2

PREPPING TIME: 15 MIN

INGREDIENTS

250 g "mâche" (salad)
200 g chicken breast
1 lemon
20g walnuts
1 clove of garlic
4-6 basil leaves
2 carrots
100g red cabbage
Rosemary
3 tbsp **Olixir Extra Virgin Olive Oil**
Salt
Pepper

DIRECTIONS

1. Cut each carrot lengthwise, and roast them in pan.
2. Cut the red cabbage in thin pieces.
3. Make a pesto dressing by mixing basil leaves, walnuts, garlic, Olixir and salt.
4. In a bowl, mix the pesto together and add the "mâche", red cabbage and mix all together.
5. Grill the chicken breasts in a pan with some rosemary, salt and pepper.
6. Plate the salad, using the mix of cabbage and "mâche" as the base, then, top with the roasted carrots, grilled chicken and crumbled walnut pieces.
7. Lastly, top with some **Olixir Extra Virgin Olive Oil**, lemon and some salt & pepper.
8. Enjoy this colorful bowl of goodness.

This winter salad will help you feel comfort and nourishment with its high amounts of antioxidants coming not only from Olixir Olive Oil, but also from the vegetables, lemon, herbs and walnuts. Every single ingredient of this salad works perfectly with each other and is thought of for its high amounts of antioxidants, while also being seasonal and easily accessible.

Nutritional Values

Micronutrients	per Portion	RDA (%)
Vitamin A (betacarotene) (µg/portion)	6 901 µg	920%
Vitamin C (mg/per portion)	162.7 mg	154%
Vitamin D (µg/portion)	1.4 µg	3%
Potassium (mg/per portion)	1 248 mg	36%
Calcium (mg/per portion)	228 mg	22%
Magnesium (mg/per portion)	141 mg	43%
Iron (mg/per portion)	7.8 mg	65%
Zinc (mg/per portion)	1.7 mg	15%
Selenium (µg/portion)	18.1 µg	25%