

# Carrot Ginger Ramen Salad

Recipe makes 4 servings, each serving is:

469  
kcal

17 g  
fat

49 g  
carbs

30 g  
pro

## Ingredients

- 1 rotisserie chicken, skin removed & chopped
- 4-6 c. greens (i.e. spring mix or spinach)
- 2-3 c. bell peppers, sliced
- 2-3 c. red cabbage, thinly sliced
- 2 c. carrots, match stick
- Optional: 1/2 c. fresh cilantro
- 3 or 4 bricks or organic millet & rice ramen
- Crushed peanuts for serving (optional)

### Carrot Ginger Dressing:

- 1 c. carrots, sliced & roasted
- 1/2 c. water (may need more to thin)
- 2-3 Tbsp olive oil
- 2 Tbsp rice vinegar
- 2 Tbsp maple syrup
- 1 Tbsp pureed ginger
- 1 tsp toasted sesame oil
- Salt & pepper

## Directions

1. Use left over roasted carrots if available, if not roast or air fry carrots with a drizzle of oil until soft.
2. In a blender or food processor, combine the carrot ginger ingredients and blend until smooth. Add water until it reaches a nice dressing consistency. Adjust for flavours as desired.
3. Bring a pot of water to a boil and cook the millet and rice ramen bricks as per package directions.
4. In a large bowl combine the veggies, ramen noodles, and a bit of the dressing. Mix well to combine.
5. Plate with the dressed veggie & noodle mixture, add in your desired amount of chicken, and top with 1/2-1 Tbsp of crushed peanuts. Add a bit more dressing if needed. Enjoy!

**THE NUTRITIONIST**

