

TRANSFORMING THE

# Healthcare

EXPERIENCE

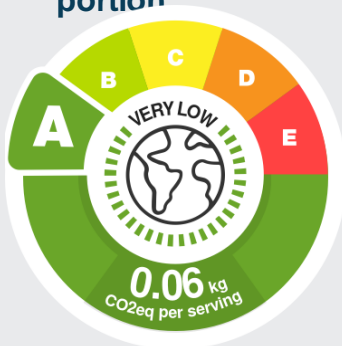


## Soya & Ginger Glaze



Serves 10 // Preparation Time: 5 mins

### Carbon score portion



### Nutrition Information per

Energy: 42 kcal

Sugars: 3.7g

Fat: 2.5g

Fibre: 0.07g

Saturated Fat: 0.3g

Protein: 0.7g

Carbohydrate: 4.2g

Salt: 0.92g



## INGREDIENTS

- 2 Tsp Water
  - 2 Tbsp Sunflower Oil
  - 1-2 Garlic Cloves
  - 20g Fresh Ginger (approx. 4-inch piece)
  - 2 Tbsp Plum Sauce
  - 3 Tbsp Sweet Soya Sauce
  - 2.5 Tbsp Regular Soya Sauce
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## METHOD

1. Peel the garlic and ginger.
  2. Place all ingredients in a food processor and blend until smooth.
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## Serving Tips/Suggestions

1. Serve with chicken, salmon, mixed greens or noodles.
2. Dress salad greens and add some crushed nuts.