

TRANSFORMING THE

# Healthcare

EXPERIENCE

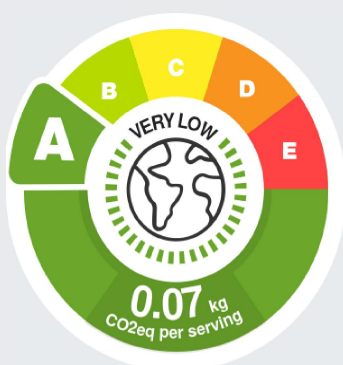


## Spring Onion, Chilli & Ginger Dressing



Serves 25 // Preparation/Cooking time: 30 mins

### Carbon score



### Nutrition Information per portion

Energy: 165 kcal

Sugars: 3.9g

Fat: 16g

Fibre: 0.5g

Saturated Fat: 2.2g

Protein: 0.5g

Carbohydrate: 4.3g

Salt: 0.21g

A close-up photograph of a white ceramic bowl with a blue floral pattern around the rim. The bowl is filled with a dark, glossy dressing. Visible ingredients include finely sliced red chillies, green spring onions, and small pieces of ginger. The bowl is placed on a light-colored wooden surface. In the background, another similar bowl is partially visible, and to the left, a white plate with a blue pattern holds a piece of pinkish-red food, likely salmon.

# Spring Onion, Chilli & Ginger Dressing

## INGREDIENTS

- 2 Bunches Spring Onion (Washed & Sliced Finely)
  - 2 Red Chillis (Finely Sliced)
  - 50g Ginger (Peeled & Finely Diced)
  - 6 Cloves (50g) Garlic (Finely Sliced)
  - 400ml Olive Oil
  - 100g Honey
  - 2 Limes (Juice & Zest)
  - 50ml Soy Sauce
  - 100ml Rice Vinegar
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## METHOD

1. Place the olive oil, ginger, garlic & red chilli in a pot and gently warm up. Don't overheat!
  2. Leave aside for 20 minutes until it cools down.
  3. Combine all the ingredients together with oil mix and check for the taste.
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## Serving Tips/Suggestions

1. Serve with grilled seabass, tofu or halloumi.
2. Dress salad greens and add some crushed nuts.