

Fresh for Kids®

Crunchy salad & chipolata boxes



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Preparation: about 20 minutes

Cooking: about 10 minutes

Serves: 4

500g chipolata sausages (or use sausages of your choice)

250g yellow tear drop and/or cherry tomatoes

2 Lebanese cucumbers, peeled and diced

1/2 small red capsicum, trimmed, deseeded and chopped

1 medium carrot, peeled and cut into thin matchsticks

400g can cannellini beans, drained and rinsed

1 tbs extra virgin olive oil

Salt and ground black pepper

4 small Ice-berg lettuce leaves

1. Preheat a grill, barbecue or non-stick frying pan over medium heat. Grill, barbecue or pan-fry sausages, turning occasionally, for 8–10 minutes until cooked through. Drain on paper towel. Set aside to cool.
2. Combine tomatoes, cucumbers, capsicum, carrot and cannellini beans in a large bowl. Diagonally sliced sausages and add to salad. Drizzle with olive oil. Season with salt and pepper to taste if desired.
3. Line 4 small disposable noodle boxes or bowls with lettuce leaves. Top with sausage salad and serve.

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Lebanese cucumbers

- Supply few kilojoules (only 40 kJ/100g) and they come with a sprinkling of many minerals and vitamins.
- A good source of vitamin C, a vitamin that is vital to the body's defence against illness.
- Very low in sodium and so can help balance foods that have added salt.

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