

Apricot, Bocconcini & Mint Spiral Veggie Salad



Discover a delicious summer salad that combines the vibrant flavors of crunchy vegetable spirals, juicy apricots, creamy bocconcini cheese, and fresh mint leaves, all complemented by your choice of meat. A balanced blend of textures and tastes that will delight your taste buds from the very first bite.

Preparation 25 min

Cooking 10 min

Servings 2

Nutrition Facts (per serving)

Calories 360

Fat 21

Carbohydrates 16

Fibre 3

Protein 28

Sodium 240

Ingredients

- 2 zucchini
- 2 carrots
- 3 apricots, diced
- 125 ml (½ cup) Bocconcini pearls
- 454 g (1 lb) extra lean ground meat, or 375 ml (1 ½ cup) cooked veggie ground such as Gardein's, cooked

- 15 ml (1 tbsp) olive oil (or avocado oil)
- Lemon juice of a whole lemon
- Salt and pepper, as desired (you can replace salt with tamari sauce or Bragg's)

Preparation

1. Using a spiralizer, make spirals with both zucchini and carrots and combine in a bowl.
2. Add the apricots, the bocconcini pearls, the meat and the mint and mix.
3. In a small bowl, combine the oil, lemon juice, salt and pepper and pour over the salad before mixing well.
4. Taste and rectify the seasoning if necessary before serving.

Notes

Can be stored for up to 5 days in the refrigerator in an airtight container. Do not freeze.



Gabrielle Simard – Créatrice culinaire
Culinary Creator