



TANGY CUCUMBER SALAD

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 10 mins

Cook time: Nil

Serves: 4-6



INGREDIENTS

- 750g cucumber, peeled and finely sliced
- 3 spring onions, finely sliced
- 1 tsp crushed garlic
- 2 tbsp rice malt syrup
- 3 tbsp apple cider vinegar
- 1 tsp chopped dill
- 1 tsp chopped tarragon
- 2 tbsp olive oil
- Salt and pepper to taste

METHOD

- Place cucumber and onion into a bowl.
- Combine all other ingredients in a jug and bring to the boil in the microwave.
- Allow to cool, then pour over cucumber and toss.
- Serve immediately.