



The **ingles** Table

with Gigi Stewart
CUCUMBER TOMATO SPROUT NESTS

Shopping List

- 1 tbsp of oil
- 2 tbsp lime juice
- 1 tsp salt
- 1 cup of diced cucumber
- 1/2 cup diced tomato
- 1/8 cup of chopped fresh mint
- 2 hand full of Clover sprouts

Cooking Instructions

1. Pour the oil and the lime juice in a bowl and then add the salt. Mix well.
2. Incorporate the cucumber, the tomato, the fresh mint and mix together.
3. Build 2 nests with 1 hand full of clover sprouts each one.
4. Put the veggies on the top of the nests.

