



Ingredients used in MYOL

- Purple cabbage**, shredded finely
- Beetroot** peeled, wrapped in foil and roasted until soft
- Spanish onion** diced
- Pitted **kalamata olives**
- Fresh **tomato** slices
- Fresh **red capsicum** diced
- Pumpkin** diced, sprayed with oil and roasted
- Sweet potato** peeled, diced and sprayed with oil and roasted
- Fresh **carrot** grated
- Grated **cheese**
- Corn** niblets, defrosted
- Fresh **baby spinach** leaves
- Fresh **rocket** leaves
- Iceberg **lettuce** washed and shredded
- Fresh **cucumber** cut into rounds
- Fresh **snow peas** sliced
- Fresh **celery** diced
- Fresh **shallots** sliced
- Avocado** mashed
- White radish** peeled and grated
- Cauliflower** cut into small florets, sprayed with oil and roasted
- Fresh **ricotta** cheese whipped
- Fresh sliced **mushrooms**
- Ham**
- Roast **chicken**
- Tinned **tuna** in springwater drained
- Smoked **salmon**
- Hard boiled **eggs** peeled and sliced
- Falafel balls
- Hommus**
- Dijon** mustard
- Mayonnaise**
- Greek **yoghurt**