صحّي
SEHHI
ADPHC



Healthy Menu

Tabouleh

Ingredients : Total **204 g**

Parsley[90g],Tomato[35g],Onion White[35g],Lemon Juice[20g],Olive Oil[2g],Mint Leaves[10g],Salt[2g] ,Bulgur Wheat[10g]

AED 60



Roasted Root Vegetable Salad with Kale

Ingredients : Total **261g**

Sweet Potato, Peeled and Diced (75g) | Parsnip, Peeled and Diced (75g) | Chopped Kale (75g) | Sliced Almonds (10g) | Parmesan Cheese (10g) | Balsamic Vinegar (7g | Olive Oil (5g) | Salt (2g) | Freshly Ground Black Pepper (2g)

AED 60



Root Vegetable and Beans Soup

Ingredients : Total **289g**

Baby Spinach (20g) | Olive Oil (5g) | Chopped Onion (10g) | Chopped Carrot (10g) | Chopped Celery (10g) | Chopped Parsnip (10g) | Chopped Turnip (10g) | Red

AED 60



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STIR FRIED MIX VEGETABLE

Ingredients : Total **245g**

Carriott (50g) | Broccoli (50g) | Sesame Oil (5g) | Mushroom (50g) | Cabbage (50g) | Garlic (5g) | Ginger (5g) | Onion (20g) | Oyster Sauce (5g) | Light

AED **85**

Lamb Chops with Mint yogurt Sauce

Ingredients : Total **291g**

Lamb Chops, Fat Trimmed (150g) | Cooking Spray (2g) | Mash Potato (100g) | Low-Fat Yogurt (30g) | Garlic, Minced (2g) | Fresh Mint, Finely Chopped (3g) | Ground Black Pepper (2g) | Salt (2g)

AED **155**





Pesto Chicken

Ingredients : Total **324g**

Skinless Chicken Breast (200g) | Roast Potato (100g) | Fresh Basil Leaves (10g) | Extra Virgin Olive Oil (5g) | Garlic (2g) | Lemon Juice (5g) | Salt (2g)

AED **120**

Whole Wheat Spaghetti with Tomato Sauce

Ingredients : Total **268g**

Whole Wheat Spaghetti (150g) | Onion (10g) | Garlic (2g) | Tomato (100g) | Salt (1g) | Olive Oil (5g)

AED **92**



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