



## Ingredients

3 medium sized potatoes, cut into cubes  
8-10 french beans, finely chopped  
2 medium sized apples,  
cut into small pieces  
2 medium sized carrots, diced  
1 cup pineapple pieces, diced  
1/2 cup peas  
1 cup fresh cream  
1 cup mayonnaise  
Salt to taste  
1-2 tsp white pepper powder  
1 tsp lime juice  
A few lettuce leaves

## Nutrients

Approx. calories per serving: 342 kcal

## Procedure

Place all the vegetables, along with the pineapple pieces, dripping wet into any suitable unit and cook on low heat until the Thermo Indicator reaches the 80 degree mark.

Then remove from the unit and cool. To make the sauce, whip the fresh cream lightly. Mix the cream with the mayonnaise and chill it.

To serve the salad, line any salad bowl with a few lettuce leaves. Pour the sauce over the cooked vegetables and the diced apples. Add salt, pepper, lime juice and adjust all the seasoning. Now place the salad in the salad bowl and serve it chilled.