



SWEET CHILLI SALAD DRESSING

No need to go to the store to buy sweet chilli dressing when the MEALiO® can whip it up in under a minute!

INGREDIENTS

- 3 birdseye chillies
- 3 knobs ginger
- ½ cup rice wine vinegar
- ½ cup sugar
- ½ lime

SERVES: 4-6
SETTING: QUICK CRUSH
PREP TIME: 3 MINS
BLEND TIME: 50 SEC

DIRECTIONS

- 1. Place birdseye chillies, ginger, rice wine vinegar, sugar and lime into the Mealio® Blender**
- 2. Push the 'QUICK CRUSH' Button to start the blending**
- 3. Pour your dressing into a small dish or over your salad**