

Cold carrot salad

Serves: 1 | Preparation: 5 minutes | Total: 5 minutes

Difficulty: Easy



Ingredients

- 3 medium raw carrots
- 2 green onions, chopped
- 1 teaspoon ginger or allspice
- 1 tablespoon soy sauce
- ½ tablespoon sesame oil or extra virgin olive oil
- 1 tablespoon honey
- 1 tablespoon rice wine vinegar or white vinegar
- 1 tablespoon lime or lemon juice
- Red chili flakes to taste
- Pinch of salt and pepper
- Garnish with choice of herbs and sesame seeds

Instructions

1. Wash and peel carrots into long thin ribbons.
2. Add chopped green onions and carrots to a bowl. Set aside.
3. In a small bowl, add ginger, sesame oil or olive oil, rice wine vinegar or white vinegar, honey, lime or lemon juice, soy sauce, pinch of salt and pepper, and red chili flakes. Mix well.
4. Pour dressing over carrots and green onions. Toss until everything is evenly coated. Top with your choice of herbs and sesame seeds.