

Carrot Salad

Ingredients

- 500g carrots, peeled
- 2 teaspoons Dijon mustard
- 1 tablespoon freshly squeezed lemon juice
- 1-1/2 tablespoons vegetable oil
- 1-1/2 tablespoons extra virgin olive oil
- 1-2 teaspoons honey, to taste
- 1/4 teaspoon salt
- 2 tablespoons chopped fresh parsley
- 2 finely sliced spring onions

Method

1. Grate the carrots using the large holes of the grater. Set aside.
2. In a salad bowl, combine the dijon mustard, lemon juice, honey, vegetable oil, olive oil and salt. Add the carrots, fresh parsley and spring onions and toss well. Taste and adjust seasoning if necessary. Cover and refrigerate until ready to serve.
3. Notes: Depending on the sweetness of the carrots, you may want to add more or less honey. Also, if you make this salad ahead of time, be sure to check the seasoning again before serving as the flavors tend to mellow.