



Carrot and Orange Salad

List of ingredients

500g small carrots, peeled

2 oranges, peeled and segmented

½ red onion, sliced

¼ cup mint leaves

1 teaspoon oil

2 tablespoons lemon juice

Feeds 4 people.

How to cook the dish

Cut carrots into thin strips or ribbons.

Combine carrots with orange segments, onions and mint.

Stir oil and lemon juice together.

Pour over the salad.

Helpful Hints

Use a vegetable peeler to make carrot ribbons - gives long, thin strips.

Use parsley or coriander instead of mint.