

Asian carrot salad

This is a very easy and tasty salad with a tangy ginger and sesame oil dressing. If you have a spiraliser you can have fun making carrot strings, but grated carrot is perfectly fine. Finely sliced radish provides another crunch factor, so this recipe is not ideal if you have swallowing difficulties. There is enough for 4 portions, and it also keeps well for a day in the fridge.

It provides vitamin A and C, both of which help support the immune system.

Makes about 375g – 4 portions

Preparation time 5 minutes

Ingredients

- 2 tablespoon lime or lemon juice
- 25g or about 2-3cm fresh ginger root
- 3 large carrots (about 300g)
- 150g radishes, or mooli
- 50g sultanas or other dried fruit
- 1 tbsp sesame oil, plain or toasted

Method

1. Place the lemon juice in a large bowl, and finely grate the ginger into the juice.
2. Spiralise or grate the carrots and add to the lime and ginger.
3. Finely slice the radishes and add these, along with the sultanas to the bowl.
4. Lastly pour over the oil and using clean hands, mix all the ingredients together.
5. Cover and chill until needed.



Variation: Add finely sliced celery or peppers.

Serving suggestion: Serve with baked salmon sprinkled with sesame seeds, or fried tofu, or with a barbeque.

Storage: Keep refrigerated for up to 2days. Not suitable for freezing

Nutritional analysis per portion (1/4th)

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|----------------------|------|---------------|------|
| Energy kcal | 100 | Protein g | 2.2 |
| Carbohydrate g | 16.4 | Fibre g | 3.4 |
| Of which sugars g | 14.3 | Salt g | 0.01 |
| Fat g | 3.3 | Vitamin C mg | 28 |
| Of which saturates g | 0.5 | Vitamin A mcg | 1701 |