

Orange Glory Salad

This is a yummy carrot and sesame salad.

Equipment:

Food processor or grater

Ingredients:

100g of baby spinach
3 medium sized carrots
1 apple
5 red radishes
¼ cup of sesame seeds
¼ cup of flaked almonds
¼ cup finely chopped parsley



For dressing:

¼ cup of olive oil
½ tsp of toasted sesame oil (optional)
¼ cup of fresh lemon juice
½ tsp of sea salt
1 tsp of agave syrup (optional)

Serves: 4 people as a side
Prep time: 10 minutes

Method:

1. Toast the sesame seeds and almond flakes on medium heat in a dry pan until they turn lightly golden. Remove and let them cool (you can place in the freezer for a few minutes to speed this up).
2. Grate the carrots and radishes.
3. Core and grate the apple.
4. Add all ingredients to a large bowl and toss.
5. Pour all dressing ingredients into a small container with lid and shake.
6. Lightly pour dressing over salad and toss. Add a little first and gradually add to taste.

Top Tips: You can double the spinach if you wish or add baby kale for extra greens.