

carrot and coriander salad

Equipment:

knife, chopping board, salad spinner, peelers, measuring spoons, bowls, grater

Ingredients:

6 medium carrots
a large handful of fresh coriander
4 tspns toasted sesame seeds

Dressing:

1 orange, zest and juice
2 lemons
olive oil
2 TBLSPNS toasted sesame seeds
sea salt and freshly ground black pepper

Method:

Wash orange, carrots and coriander. Spin dry coriander. Use the leaves, and save the stalks for another time.

Peel skin off carrots, discard, then peel the carrots into long strips, OR slice into fine ribbons or matchsticks. Put onto a bowl with coriander leaves and sesame seeds.

To make dressing, finely zest the orange into a bowl. Juice the orange, and 1½ lemons. Mix with the zest and add 3 to 4 times that amount of olive oil.

Pound the toasted sesame seeds to a pulp in the mortar & pestle, then add to dressing. Mix well, then season to taste with salt, pepper and possibly more lemon juice to make it nice and zingy.

Toss through salad and eat straight away.