

Carrot Salad (4 person)

Ingredients

- 4 large carrots, peeled
- 1 lemon
- olive oil
- spoonful of sunflower seeds or pine nuts (optional)

Method

1. Use a potato peeler to make ribbons from the carrots. Place in a bowl.
2. Squeeze over lemon juice and drizzle with olive oil. Season generously with salt and pepper and toss together. Set aside for a few minutes or more.
3. Meanwhile, if using pine nuts or sunflower seeds, toast them for a couple of minutes in a dry frying pan over a low heat, stirring frequently. Keep an eye on them, they want to be lightly golden but not blackened. Cool and scatter over the salad. Serve the carrot salad either as a topping to a mixed salad or as a side dish.

