

Carrot Salad | Salade de Carottes Rapées

Swick

Serves 1 | Active Time: 15 minutes | Total Time: 15 minutes

Step 1: Grating the Carrots

- 7 large carrots

Peel and then finely grate or shred the carrots, using a hand grater or machine with a fine attachment. The finer the strands, the more delicious the salad.

Step 2: Making the Vinaigrette

- 6 tbsp lemon juice (approx. 2 lemons)
- 2 tsp sugar, or to taste
- 4 tbsp extra-virgin olive oil, or to taste
- sea salt, to taste
- freshly ground black pepper, to taste

To make the vinaigrette, combine together all of the ingredients and either whisk to combine, or use a jar with a tight fitting lid and shake to combine.

*Note: If you don't have fresh lemons, you can use white- or red-wine vinegar instead (or a combination of half lemon juice and half white-wine vinegar).

Lastly, taste the vinaigrette, it should have a nice balance of tartness and sweetness. If either is lacking add a bit of sugar, lemon juice or olive oil.

Step 3: Assembling the Salad

- 1/2 bunch Italian parsley

Roughly chop the parsley and add it to the carrots, along with vinaigrette. Taste again for seasoning, adjusting the seasoning to your liking.

If you want to make this salad ahead of time, do not add the vinaigrette until just before serving. The vinaigrette will draw the moisture from the carrots and they will lose their crunchiness.