

Carrot salad



Ingredients

Serves 4

3 carrots, peeled into ribbons

1 tablespoon lemon juice

1 tablespoon oil

½ cup chopped herbs (fennel, dill, parsley, coriander)






Method

1. Place carrots into a bowl.
2. Mix lemon juice, oil and herbs together.
3. Add to carrots and toss.
4. Cover and leave in refrigerator for flavours to develop.

Variations

- Use grated beetroot in place of half of the peeled carrots.
- Add ½ teaspoon ground cumin or ground ginger in place of the herbs.

Equipment

-  Bowl
-  Cutting board and knife
-  Measuring cups
-  Measuring spoons
-  Vegetable peeler

Preparation and cooking skills

Chop, mix, peel, use herbs and spices to flavour dishes.

Nutrition

- Carrots are a good source of vitamin A which is good for your eyes.
- Eating plenty of different coloured vegetables means you'll get a wide range of nutrients which help you to learn and grow, and stop you from getting sick.