

Idiot's Kitchen Recipe – Carrot Ginger Salad

Recipe from www.idiotskitchen.com



Ingredients:

1 pound Carrots, grated (about 8 carrots)
2 stalks Celery, finely diced
½ cup Flat Leaf Parsley, finely chopped
Zest from 1 lime
1-2 Tablespoons Fresh Ginger, grated (use less, taste, and then add more to your own liking)
¼ cup Lime Juice (about 2 limes)
2-3 Tablespoons Honey
1 Tablespoon Mayonnaise
¼ cup light flavored Olive Oil (not extra virgin)
1 teaspoon Sesame Oil
Salt & Pepper

Peel and grate 1 pound of carrots into a large bowl. Add 2 stalks of finely diced celery and ½ cup finely chopped flat leaf parsley. Add the zest from one lime using only the outer green part and avoiding the white pithy part underneath. Add salt & pepper to taste.

Peel a ½ inch piece of fresh ginger root. Grate the ginger using a Microplane or other small grater to get the finest grate possible and also make some ginger juice. **NOTE: the ginger flavor can be very strong so you should start with about 1 Tablespoon, taste and add more to your own liking. Also know that the ginger flavor gets MUCH stronger as this salad sits so if you're making this salad for eating the next day, use less ginger.**

For the dressing, juice 2 limes (about ¼ cup) into a small bowl. Add 2-3 Tablespoons Honey, 1 Tablespoon Mayonnaise, and 1 teaspoon Sesame Oil. Whisk to combine.

Add the half the dressing to the salad and stir to combine. Add more dressing as needed.

Makes 4 large servings.