

## Carrot Salad

Serves: 4

<input type="checkbox"/>	500 grams carrots, peeled
<input type="checkbox"/>	2 teaspoons Dijon mustard
<input type="checkbox"/>	1 tablespoon freshly squeezed lemon juice
<input type="checkbox"/>	3 tablespoons extra virgin olive oil
<input type="checkbox"/>	1 teaspoon honey, to taste
<input type="checkbox"/>	1/4 teaspoon salt
<input type="checkbox"/>	freshly ground black pepper
<input type="checkbox"/>	2 tablespoons chopped Italian parsley
<input type="checkbox"/>	2 finely sliced spring onions

- Grate the carrots in a food processor.
- Set aside.
- In a salad bowl, combine the Dijon mustard, lemon juice, honey, olive oil, salt and pepper.
- Add the carrots, fresh parsley and spring onions and toss well.
- Taste and adjust seasoning if necessary.
- Cover and refrigerate until ready to serve.

This is good to make an hour or two before serving so that the carrot can absorb the flavours ... just re-check seasoning at the time of serving and adjust again if necessary.