

Japanese Style Carrot, Daikon and cucumber salad

Ingredients:

2 small cucumber, halved, deseeded and cut into matchsticks

4 carrots, peeled and cut into matchsticks

1 daikon radish, peeled and cut into matchsticks

Salt and pepper

1 handful bean sprouts

1 handful snow peas or sugar snaps, shaved

2 table spoons sesame seeds, toasted in a pan

Dressing

2 table spoons tamari

3 table spoons apple cider vinegar

2 tea spoons honey

Pinch of salt

½ tea spoon mustard powder

2 table spoons olive oil

2 table spoons sesame oil

What to do:

- 1) Make the dressing by whisking ingredients together in a measuring jug with 2 table spoons of water. Set aside.
- 2) Toss salad ingredients together in a large bowl and season with salt and dress with half the dressing.
- 3) Arrange salad amongst serving ware and drizzle with remaining dressing and scatter over bean sprouts and sprinkle with sesame seeds.