

# CARROT SALAD

WITH PICKLED RED ONION & TZATZIKI

SERVES 4 • GLUTEN-FREE • SUGAR-FREE • VEGETARIAN • READY IN 25 MINUTES

1 kg **ROAST CARROT STICKS**, PAGE 180, chilled

## PICKLED RED ONIONS

1 red onion  
¼ cup apple cider vinegar  
2 Tbsp xylitol or sugar  
½ tsp pink salt

## TZATZIKI

¼ cucumber  
1 cup full-cream yoghurt  
or (V) coconut cream  
2–3 Tbsp finely chopped fresh dill,  
plus extra for garnish  
2 Tbsp extra-virgin olive oil  
Salt and black pepper to taste

**PICKLED RED ONIONS** Peel the onion and slice thinly. Place in a heatproof container with an airtight lid. Place the vinegar, sugar and salt in a pot and bring to a boil, then pour over the onion. Close the container and leave to pickle for at least 15 minutes.

**TZATZIKI** Grate the cucumber. Put the flesh between two sheets of paper towel and squeeze out the excess liquid. Place in a bowl with the yoghurt, dill, olive oil, and salt and pepper to taste.

**TO SERVE** Spread some **TZATZIKI** over a plate. Top with **ROAST CARROT STICKS** and **PICKLED RED ONIONS**. Dress with chopped dill, extra-virgin olive oil and black pepper.

- The carrots and pickled onions will keep in the fridge in an airtight container for up to 3 days. The finished dish tastes even better once it has been in the fridge for a day!

