

Satay Inspired Carrot Salad

Printed from Carrot Recipes at <http://www.carrotrecipes.co.uk/>

Make the most of super fresh, crunchy carrots by slicing them extra thin and tossing them in a zingy Thai dressing made with fish sauce, lime juice and sugar along with paper thin rice noodles. Finish with crunchy peanuts and sliced chilli for a satay-inspired salad.

Ingredients:

100g rice noodles
3 large carrots
2 red chillies
2 shallots
4 tbsp. Thai fish sauce
Juice of 2 limes
1 tbsp. brown sugar
Small bunch each fresh mint and coriander
Small handful roasted peanuts

Directions:

1. Finely dice the carrots, so you have long "strings" of carrots, or put them through a box grater.
2. Soak the rice noodles according to the packet instructions. Thinly slice the chillies, removing the seeds if desired, and finely slice the shallots. In a bowl, stir together most of the chillies, shallots, fish sauce, lime juice and brown sugar. Season to taste.
3. Add the carrots and noodles and toss to coat. Pour onto a serving platter and sprinkle with mint, coriander, peanuts and the extra chillies to serve.

Author: Laura Young