

# Orange and Carrot Salad

Serves 8

4 large carrots

4 large seedless navel oranges

Juice of one lemon

¼ cup red onion, thinly sliced

½ cup fresh mint leaves

¼ cup pine nuts, lightly toasted in a dry pan

Sea salt to taste

Pinch of chili flakes

1. Peel carrots and discard peel. Using same carrot peeler, make “ribbons” out of each carrot, peeling away until you get down to the woody core. Discard the cores.
2. Cut tops and bottoms from oranges, slice off peel, then cut sections of oranges out from between the membranes.
3. In a serving bowl, mix lemon juice with honey. Add carrot ribbons, orange sections and red onion. Gently toss with lemon-honey dressing. Tear up mint leaves and toss into salad. Scatter toasted pine nuts over top and sprinkle with salt and chili flakes, and then toss once more before serving.