



Salad with Carrot dressing (HS)

Serving: 1

Veg

Ingredients

- For the Dressing
- 1 small carrots
- 1- inch piece of ginger, peeled and cut into a few chunks
- 1 tsp tablespoons vegetable oil
- 1 tsp rice vinegar
- 1/2 tsp soy sauce
- 1 teaspoon agave , optional—you might not need it if your carrots are sweet
- For the Salad
- 1 cup baby lettuce
- 1 small orange , peeled and broken into chunks
- 5 cherry tomatoes
- 1 small avocado, sliced
- 1 small onion, chopped
- 2 tsp Sesame seeds

Preparation Method

- Place the carrots, ginger, oil, vinegar, soy sauce, and sweetener, if using, into food processor and process until a thick paste forms. Stop to scrape the bowl down, and then continue running the food processor, drizzling in a few tablespoons of water if necessary. This is a thick dressing with some texture to it, so it won't get completely smooth.
- Put lettuce leaves in a bowl and top with the dressing, followed by the oranges, cherry tomatoes, avocado, and scallions. Sprinkle with sesame seeds. Serve.