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Recipes

For Doctors Only

doctor souffrant's sensational, sweet and sour carrot salad

serves 4

ingredients:

for the salad:

6 carrots, grated
1 white onion, chopped
2 tablespoons of parsley, chopped
2 cloves of garlic, minced

for the sauce:

1 teaspoon red wine vinegar
1 teaspoon honey
1 half lime squeezed
4 tablespoon sesame oil
1 teaspoon soy sauce

Combine all ingredients together and chill 1/2 hour

