

G O O P



DETOX

Salad with Carrot and Ginger Dressing

ingredients

For dressing

- 1 large carrot, peeled and roughly chopped
- 1 large shallot, peeled and roughly chopped
- 2 tablespoons roughly chopped fresh ginger
- 1 tablespoon sweet white miso
- 2 tablespoons rice wine vinegar
- 1 tablespoon roasted sesame seed oil
- 1/4 cup grapeseed oil
- 2 tablespoons water

For salad

- 1 head of baby gem lettuce (or any greens), roughly cut
- 1/4 red onion, thinly sliced
- 1/4 avocado, diced

preparation

Pulse the carrot, shallot and ginger in a blender until finely chopped. Scrape down the sides, add the miso, vinegar and sesame seed oil and whiz together. While the blender is going, slowly drizzle in the grapeseed oil and the water.

Combine the lettuce, onion and avocado in a bowl, drizzle with plenty of dressing and serve.