



# Double Carrot Salad

## FOR THE SALAD:

6-7 large carrots (orange and purple)  
200g almonds or walnuts  
small bunch parsley and chives  
150g golden sultanas or raisins  
2tsp nigella seeds

## FOR THE DRESSING:

2 blood oranges (juice and zest)  
2-3 tbsp extra virgin olive oil  
1 tsp wholegrain or Dijon mustard  
2tsp maple syrup or honey  
salt and pepper

Peel and grate half the carrots and slice the remainder into thin disks. Toss the disks in a little olive oil, season with salt and pepper and roast in a hot oven until lightly charred and tender then set aside to cool.

Whisk together the dressing ingredients, crush the almonds or walnuts and finely chop the herbs. Place all the salad ingredients in to a large bowl and mix well with the dressing. Allow to sit for 10-20 mins for the salad to absorb the dressing then garnish with a few extra chopped herbs or nuts.

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