



Simply Mindful
CANBERRA MINDFULNESS CENTRE

Simply delicious recipes from our Catering Angels

Mediterranean carrot salad

From Leonie Farrant

Ingredients

- 3 or 4 medium carrots, washed, peeled and finely julienned
- 1/4 cup fresh coriander, finely chopped
- 1/4 cup currants
- 4 T extra virgin olive oil
- 4 T white balsamic vinegar or white wine vinegar
- 1/2 t sumac (middle eastern spice)

Method

1. Combine the julienned carrots, coriander and currants in a bowl.
2. Whisk oil, vinegar and sumac in a bowl then pour over the salad and combine.
3. Adjust seasonings if needed.