



Raw Food Salad with Honey and Sesame Dressing

PREP TIME: 20 Minutes
COOK TIME: 0 Minutes
SERVING: 4 Servings

DIRECTIONS

For the Salad:

Mix all ingredients together and store in the fridge.

To serve, mix with the dressing, toss lightly and then serve in a bowl.

For the Dressing:

Put the honey and soy sauce in a bowl; slowly add the sesame oil whilst whisking until the dressing thickens. Then add the other ingredients. Store in the fridge until needed.

INGREDIENTS

For the Salad:

- 4 x Medium Carrots – Peeled and cut into julienne on mandolin
- 4 x Medium Zucchini – Cut all around on mandolin but leave centre core
- ½ Red Cabbage – Shredded on mandolin
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- 3 x Heads of Broccoli – Cut into tiny florets
- 6 x Red Pepper – Seeds removed and cut into fine julienne
- 6 x Green Pepper – Seeds removed and cut into fine julienne

Honey and Chilli Dressing:

- 200ml Honey
- 200ml GLUTEN FREE Soy sauce
- 1 x large piece sweet ginger – Finely Grated
- 3 x Clove of garlic - Finely Grated
- 100ml Sesame oil
- 100ml sweet chilli sauce
- 1 tablespoon Coriander/Cilantro – Finely Chopped
- 1 tablespoon Black sesame seeds
- 1 tablespoon White sesame seeds
- Juice 1 Lime
- Salt & Pepper



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