

Fruity & Spicy Carrot Salad (v)

Serves 4

Total Time: 10mins Preparation: 10mins Cook: N/A

INGREDIENTS

500g peeled & grated carrots

2 tbsp. Hibiscus Lily 'Tangy & Spicy'

Date & Tamarind Chutney

2 tbsp. oil (extra virgin olive oil, toasted sesame seed oil or walnut oil)

2 tbsp. lemon juice

1 spring onion, finely chopped

1 tbsp. golden raisins

1 tbsp. cranberries

2 tbsp. lightly toasted pumpkin seeds

1 tbsp. chopped coriander leaves

1 tbsp. chopped mint leaves

Sea salt & coarsely ground black pepper according to taste



METHOD

- 1 Add the carrots, spring onions, raisins, cranberries, pumpkin seeds, coriander leaves and mint leaves into a large bowl.
- 2 In a small bowl mix together the **Date & Tamarind Chutney** with the oil of your choice, salt and black pepper and mix with the ingredients in the large bowl.

This healthy dish makes a great side dish or a starter (why not add cheese of your choice cut into cubes). It is quick to make and adds colour and variety to a summer buffet or a barbeque, and makes a good accompaniment to pastry-based appetisers with cocktails. It also goes well with Indian snacks such as pakoras or samosas.