

# Carrot and Daikon Salad



*Serves 6*



*20 minutes*



*Summer*



*Carrot, Daikon*



## INGREDIENTS:

- 250g Carrots
- 250g Daikon
- 4 Tbsp Rice Vinegar
- 2 Tbsp Sugar
- Salt

## TO GARNISH

- Black sesame seeds

## METHOD:

1. Peel the skin of the carrot and daikon using a vegetable peeler. Slice them into thin pieces about 3mm thick and 6mm long. Place the slices in a bowl.
2. Sprinkle salt over the vegetables and mix well. Set them aside for about 10 minutes.
3. In a small bowl, combine rice vinegar and sugar, stirring until the sugar is fully dissolved to make the salad dressing.
4. After 10 minutes, gently squeeze the vegetables to remove any excess water.
5. Pour the salad dressing over the vegetables and mix thoroughly.
6. Garnish with black sesame seeds. This salad pairs well with rice bowls, grilled meat, fish, or soba noodles.

## TIPS:

- Instead of slicing, you can make vegetable ribbons by shaving the carrot and daikon with a vegetable peeler.
- You can swap rice vinegar with apple cider vinegar. Start with 2 tablespoons since it has a stronger flavour and adjust to taste.
- Vary the amount of carrot and daikon based on your preferences. Add more carrots if you like a sweeter version and more daikon if you prefer a more peppery flavour.
- To add heat to your dish, you can add one or two Thai chilli peppers.
- You can store the leftovers in the fridge for 3-4 days or freeze them for up to a month.

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*This recipe was developed by the Baker Heart and Diabetes Institute and supported by Enliven Victoria.*