



# Carrot salad with peanut butter dressing

10'  
Hands on

4-6  
Portion(s)

1  
Difficulty



## Ingredients

- 8 carrots
- 100 g cashews, toasted, coarsely chopped
- 2 tablespoon(s) coriander, finely chopped + extra, to serve
- 1 chili pepper, cut into slices

For the peanut butter dressing

- 60 g [homemade peanut butter](#), soft
- 60 g coconut milk
- salt
- pepper
- 1 clove(s) of garlic, finely chopped
- 1 teaspoon(s) ginger, grated
- lime juice, of 1 lime
- lime zest, of 1 lime

## Method

- In a large [bowl](#), mix all of the ingredients for the dressing with a spoon.
- Add the grated carrots, cashews, coriander, and chili pepper into the bowl.
- [Mix](#), season to taste, and [serve](#) with finely chopped coriander.

## Διατροφικός πίνακας

Nutrition information per portion

220 Calories (kcal)	15.0 Total Fat (g)	4.6 Saturated Fat (g)	11.0 Total Carbs (g)
11%	21%	23%	4%
7.8 Sugars (g)	6.6 Protein (g)	4.9 Fibre (g)	0.24 Sodium (g)
9%	13%	20%	4%