

Carrot and Sultana Salad

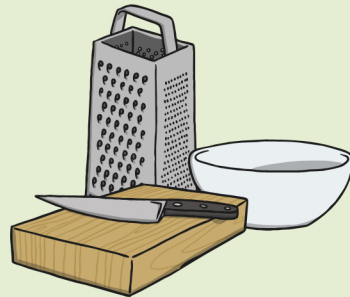
Ingredients

10 carrots
200g sultanas
4 tablespoons olive oil
4 tablespoons lemon juice



Equipment

Peeler
Juicer
Tablespoon
Bowl
Grater

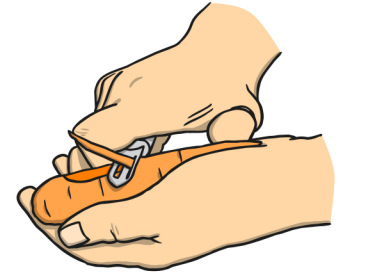


Helpful Hint

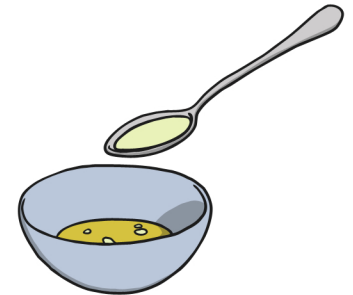
Peeling Technique: Peel away from yourself while using a peeler. With long foods such as carrots you should hold one end and peel from the middle away from yourself and then hold the peeled end and repeat the same process.

Method

Step 1: Wash and peel the carrots.



Step 2: Mix the squeezed lemon juice and olive oil.



Step 3: Grate the carrot with adult supervision.



Step 4: Mix all ingredients together and chill.

