Shaved Carrot Micro Green Salad

Makes 4 servings

Equipment

Chopping board
Cooks knife
Peeler
Salad spinner
Juicer
Measuring spoons
Whisk
Large bowl
Small glass bowl
Ingredients

1 carrot
1/2 green apple
Slice one spring onion
Cut a handful each of lettuce, beet and micro greens

Blood Orange Balsamic Dressing

Juice from 1 blood orange
1 Tablespoon balsamic vinegar
Pinch of salt
1 Tablespoon extra virgin olive oil

What to do

In a large bowl peel and shave carrot
Julienne green apple
Slice spring onion
Wash and spin salad greens
Whisk all dressing ingredients together in a large bowl and drizzle over salad