



Grated Carrot, Blood Orange & Walnut Salad

Makes

6

Time

15
mins

Level

SIMPLE

Kcal

138
per portion

You will need

- 2 Jaffa Sweet Reds (Blood oranges)
- 8 large carrots (grated)
- 1 lemon (juiced)
- 50ml of agave syrup
- 15g of freshly chopped parsley
- 60ml extra virgin olive oil
- sea salt
- 2 handfuls of walnuts

Our step by step guide

Step 1

Cut the top and bottom from the Jaffa Sweet Reds, just down to the flesh, then place the oranges on their ends. Cut side down and carefully following the shape of the orange, cut the peel off in strips from top to bottom, making sure you take the white pith too. Then turn them on their side and cut into approx. 1cm / 3/8 inch thick rounds. Do this on a board or somewhere that will catch any Jaffa orange juice that you may squeeze out. This can be added to the dish too.

Step 2

Squeeze any excess juice out of the grated carrots to prevent the salad from being too soggy (you can drink any juice extract). In a large bowl, combine the carrots with all the other ingredients. This should be a punchy, citrusy salad with just enough sweetness from the agave.

Step 3

Let all the flavours combine for 15 minutes, then taste again, adjust the seasoning with more juice, parsley, salt and agave if necessary – and serve.

Step 4

Enjoy!

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