

Choco Fever Dream

Classic Carrot Summer Salad

15 min	15 min	4
Prep time	Total time	Servings
Easy	**American**	
Difficulty	Cuisine	

Ingredients

Main Ingredients

- [ ] 4 large carrots, peeled and shredded
- [ ] 1/4 cup fresh parsley, finely chopped
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tbsp honey
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp lemon zest
- [ ] Salt and freshly ground black pepper to taste

Optional Add-ins

- [ ] 1 tbsp toasted sunflower seeds
- [ ] 1 tbsp crumbled feta cheese
- [ ] A pinch of ground cumin

Instructions

1. Wash and peel the carrots, then grate them into thin ribbons using a box grater or food processor.
2. In a small bowl, whisk together lemon juice, lemon zest, honey, olive oil, salt, and pepper until emulsified.
3. Place the shredded carrots in a large mixing bowl, sprinkle with a pinch of salt, and let them sit for 5 minutes to soften slightly.
4. Add the chopped parsley and any optional add-ins, then drizzle the dressing over the carrots. Toss gently until every strand is lightly coated.
5. Taste and adjust seasoning if needed, then serve immediately or chill for up to 30 minutes for a cooler bite.

Nutrition per serving

120 kcal	2 g	14 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the carrots seem too dry, add a splash more olive oil or a teaspoon of water.
- For extra brightness, stir in a tablespoon of finely minced mint.
- Pair with a crisp white wine or sparkling water with a slice of cucumber.