

Choco Fever Dream

Easy Carrot Salad Recipe: The Ultimate Pro Chef's Guide

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

Ingredients

Salad

- [ ] 500 g carrots
- [ ] 1 medium crisp apple
- [ ] 2 tbsp fresh parsley

Dressing

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp apple cider vinegar
- [ ] 1 tbsp Dijon mustard
- [ ] 1 tbsp honey
- [ ] 1/2 tsp kosher salt
- [ ] 1/4 tsp freshly ground black pepper

Instructions

1. Whisk the extra-virgin olive oil, apple cider vinegar, Dijon mustard, honey, kosher salt, and black pepper together in a large mixing bowl until smooth and well combined.



2. Peel and grate the carrots using a box grater or a food processor fitted with a shredding attachment.



3. Core and grate the apple, and finely chop the fresh parsley.



4. Transfer the grated carrots, grated apple, and chopped parsley into the bowl containing the dressing.



5 Toss the mixture thoroughly until all the ingredients are evenly coated in the vinaigrette.



6 Cover the bowl and refrigerate for at least 30 minutes to allow the flavors to meld before serving.

Nutrition per serving

145 kcal	1 g	16 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

For the best texture and natural sweetness, always grate whole carrots yourself rather than using store-bought pre-shredded carrots. If you prefer additional texture, toss in 50 g of raisins or toasted sunflower seeds right before serving.