



Long Livo

Classic Carrot Summer Salad

10 min

Prep time

Easy

Difficulty

10 min

Total time

American

Cuisine

4

Servings

Ingredients

Main Ingredients

- ☐ 4 large carrots, peeled and sliced into ribbons
- ☐ 2 tbsp fresh parsley, finely chopped
- ☐ 1 tbsp fresh dill, finely chopped
- ☐ 1/2 tsp sea salt

- ☐ Pinch of cracked black pepper

Dressing

- ☐ 3 tbsp extra-virgin olive oil
- ☐ 2 tbsp fresh lemon juice
- ☐ 1 tsp honey
- ☐ 1 tsp lemon zest

Instructions

- 1 Wash and peel the carrots, then use a peeler or mandoline to create thin ribbons; place them in a large bowl.
- 2 In a small jar, combine olive oil, lemon juice, honey, lemon zest, salt, and pepper; shake well until emulsified.
- 3 Drizzle the dressing over the carrot ribbons and toss gently to coat evenly.
- 4 Add the chopped parsley and dill, give a light toss, and taste for seasoning.
- 5 Serve immediately, or let sit for up to 15 minutes for flavors to mingle. Pair with crusty bread or as a side to grilled fish.

Nutrition per serving

120 kcal

Calories

2 g

Protein

12 g

Carbs

7 g

Fat

Tips & notes

- If you prefer extra tang, add a splash more lemon juice just before serving.
- For a nutty twist, sprinkle toasted sliced almonds on top.
- The salad can be doubled for larger gatherings without changing proportions.