

Mama Dor's Kitchen



CARROT PICKLE

Ingredients:

3 carrots peeled, and cut julienne style
½ tube tomato puree
1 tsp salt
1 tsp garlic powder
1 tsp paprika (or chilli powder if you want head)
1 tsp dried coriander leaves (use fresh instead if you have it)
A dash each of olive oil, lemon juice and vinegar

Method:

Wash and thoroughly drain carrot batons.

In a bowl mix all the other ingredients really thoroughly. Add the carrots and mix well.

Granny smith apples or green mangoes also work really well in this recipe.

Mama Dor's Kitchen
www.mamadorskitchen.co.uk
hello@mamadorskitchen.co.uk