

## ***Raw vegetable salad with black garlic dressing***

***Serves 2***

*210 calories, 12.7g fat, 2.3g sat fat, 112.4g carbohydrates, 8g sugar, 8.5g protein, 1.5g salt, 5.5g fibre*

### ***Ingredients***

*4 cloves black garlic, finely sliced*

*Juice and zest of 1 lemon*

*1 tbsp extra virgin olive oil*

*1 tsp sea salt*

*1 handful radishes*

*2 courgettes*

*½ red onion*

*½ green pepper, finely diced*

*1 handful cashew nuts, roasted and chopped to garnish*

*Micro coriander and edible flowers to garnish*



### ***Method***

- 1. Place the black garlic in a pestle and mortar with the lemon juice, oil and salt and gently bash the cloves until the liquid has turned a dark brown colour. The tough texture of the black garlic does not lend itself well to being broken down so the pieces will remain intact. This is fine as the flavour will still infuse with the lemon juice and rapeseed oil.*
- 2. Finely slice the radishes and using a peeler, create long thin strips of courgette.*
- 3. Place them in a bowl with the rest of the ingredients and mix well.*
- 4. Serve the salad in large bowls and dot the pieces of black garlic, from the dressing, around the vegetables.*
- 5. Sprinkle with the cashew nuts and lemon zest and garnish with the coriander.*
- 6. Serves with dressing and edible flowers.*