

Courgette Salad

2 to 4 servings depending on appetite!

2 normal sized courgettes

1 carrot

1 orange, segmented without pith on

1 lime - juice and zest

1/2 tsp ground cumin

2 tbsp extra virgin olive oil/or coconut oil/or sesame oil (not toasted)

1/4tsp ground black pepper

1/2 tsp Himalayan ground salt

1 dessert spoon cider vinegar

Method:

Using a potato peeler slice the courgettes and carrot into ribbons.

Segment the orange and add to the ribbons.

Mix all the other ingredients together and then add to the veggies and using the hands coat them in the dressing. Leave for 30 mins so it all marinates and then eat.

Great as a side dish.

Or as the main deal but with toasted smoked tofu on top.