

RAINBOW SALAD

Spiral Expert



Preparation : 10 min - **Resting :** - - **Cooking :** 5 min - **Equipment :** Spiral Expert, Spaghetti cone

Ingredients : 4 PEOPLE

- 4 large rainbow carrots (500g), peeled - 2 courgettes (500g) - 3 tbsp chopped mixed herbs (dill, chives and mint) - 50 ml lemon juice - 2 tsp + 1 tbsp honey - 3 tbsp olive oil - 40 g unsalted pumpkin seeds - sea salt - freshly ground black pepper

1. Spiralize the carrots and courgettes using the SPAGHETTI cone. Cut into shorter lengths.
2. Combine the herbs, lemon juice, 2 tsp honey, olive oil and a pinch of salt and pepper in a bowl. Toss with spaghetti.
3. Toast pumpkin seeds in a small pan over medium heat until golden brown. Then add the remaining honey and a pinch of salt and cook, stirring until they start to caramelize. Immediately transfer to baking paper to cool. Scatter over the salad.

CS 4200 XL ■

CS 5200 XL ■

CS 5200 XL Premium ■

Patissier Multifunction ■

Spiral Expert Kit (optional) ■

