

KIM·CHI·AVOCADO

by YUNNIE KIM

Asian Ribbon Salad

The farmer's market is a huge source of inspiration for me, the bright fragrance of fresh produce, with its vibrant colors and textures is like a painter's palette. When shopping for heirloom vegetables it's always a treat to find them in so many colors, like the brilliant multicolored carrots that inspired me to make this salad.

I'm always trying to bring fresh and local vegetables home to serve to my family and this is a perfect dish with its fun shapes, bold colors, rich textures, and its packed with a ton of nutrients.

This dressing brings an Asian flavor with the ginger and chili oil. It has the perfect blend of sweetness from the honey, a bit of saltiness, and a nice bit of a kick with the added chili oil. You can also eliminate the chili if you're serving to the kids. My husband is gluten free, so I'm always looking for alternatives and using coconut amino is a great substitute for soy sauce.

Serves 4 / Prep Time 15 min / Difficulty Easy



Ingredients:

- 1 Hothouse Cucumber
- 3 Carrots : (1 orange, 1 purple, 1 yellow)
- 1 Shaved Scallion
- 1/4 Cup Coriander Leaves
- 1 Avocado
- 1 TBL Black Sesame Seed for Garnish

Dressing Ingredients:

- 2 TBL Coconut Amino
- 1 TBL Rice Vinegar
- 1 TSP Honey
- 1/2 Lime Juice and Aest
- 1/4 TSP Grated Ginger
- 1 Minced Garlic Clove
- 1 TBL Sesame Oil
- 1 TBL Chili Oil

Directions:

1. To make the dressing, combine ginger, garlic, coconut amino, rice vinegar, sesame oil, honey, lime zest and lime juice in a mortar and pestle or blend in a food processor.
2. With a mandolin or peeler, shave the carrots and cucumber into long ribbons and cut the avocado lengthwise into about 8 long strips.
3. In a large salad bowl, create a bed with the carrots, cucumber, and avocado.
4. Toss dressing into the salad, making sure that the vegetables are coated into all the ribbons and grooves.
5. Top with shaved scallions and tear coriander with your hands for a rustic touch.
6. Garnish with black sesame seeds and serve.