



Raw Caroodles with an Exotic Sesame Sauce

🕒 10–15 Min   

Preparation

- 1 Wash the carrots thoroughly, peel and spiralize to make thin caroodles. If the caroodles are too long, simply use a knife to cut them down.
- 2 To make the sauce: Roughly chop the cloves of garlic. Then mix the garlic with the tahini, olive oil, sauce and lemon juice. It's best to use a hand blender to get the sauce as smooth as possible.
- 3 Arrange the raw caroodles on a plate and drizzle with the sauce. You can use as much sauce as you like! Season with some Kotányi Rustic Herbs from the mill.
- 4 The caroodles can be garnished with fresh cilantro, cashew nuts and finely sliced scallions.

Ingredients 4 Portions

🔥 = Kotányi Produkte

8 piece	Carrots
6 tbsp.	Tahini
4 tbsp.	Olive oil
4 tbsp.	Soy sauce
1 piece	Lemon
2 piece	Garlic cloves
2 piece	Scallions
1 cup	Cilantro leaves, fresh
100 g	Cashew nuts
1 pinch	🔥 Herbes Provençal

