



## Recipes

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### Carrot, Fennel and Coconut Salad

Serves 1

#### Ingredients:

- 1 Tbsp. Coarse Grain Mustard
- 2 each Dried Chiles , chopped
- 2 Tbsp. Fresh Lemon Juice
- 1/2 Tbsp. Olive Oil
- 1 cup Plain Yogurt
- 2 cups Fresh Grated Carrots
- 1/2 cup Fresh Coconut , grated
- 1 1/2 cups Fresh Fennel , thinly sliced fronds included
- 3/4 cup Fresh Cilantro , chopped

#### Directions:

1. Whisk first five ingredients together in a mixing bowl.
2. Place vegetables in separate mixing bowl and fold in dressing until thoroughly combined.
3. Place in storage container. Label, date and refrigerate until ready for use.