



Sweet & Hot Carrot Slaw

By Chef Veera Gaul, Ph.D.



Ingredients

¼ cup O&V [Blood Orange grapeseed oil](#)*
3 tablespoons O&V [Date Vinegar](#) *
1-2 tablespoon Sambal Oleak or Harissa sauce or Sriracha
1 teaspoon lemon juice
Salt and Pepper to taste
1 lb Carrots, peeled and spiralized
½ cup raisins
½ cup crumbled feta
¼ cup fresh parsley, chopped

Preparation

In a large bowl, whisk the oil, vinegar, spice sauce, lemon juice. Add salt and pepper to taste.

Place the spiralized carrots in a salad bowl. Pour the dressing over the carrots and toss. Stir in the raisins, feta and fold in the parsley

Serve chilled or at room temperature

Notes

* Yes, as always, I love using the products from our Oil & Vinegar franchise. The sweetness of the [Blood Orange oil](#) and [Date vinegar](#) balance really well with the Harissa. Sometimes, since I prefer more spice than sweet, I substitute the O&V [Moroccan Spice oil](#) instead of the Blood Orange for even more spice. Feel free to substitute products, just remember, that the better the ingredients, the healthier and tastier the dish.

Active Time: 15 minutes

Serves 4

Categories: Soups & Salads, Vegetarian, Gluten-Free, Blood Orange, Olive Oil, Date vinegar, Feta, Harissa, Carrots, Moroccan