

Peanut Carrot Salad

¼ cup creamy peanut butter
1 ½ tbsp sesame oil
1 tbsp rice vinegar
1 tbsp mae ploy sweet chili sauce
1 tbsp soy sauce
¼ tsp white sugar
Cayenne
Garlic powder
3 carrots, shredded
Sesame seeds



Fresh carrots are a revelation. Their crisp, juicy sweetness is nothing short of a miracle, and I have a hard time bringing myself to cook them when they're so perfect. Cutting them into long shreds and coating them with peanut sauce turns raw carrots into a delicious salad worthy of a meal all by itself.

I prefer to “shred” my carrots using the julienne attachment on my mandolin. Long and thin, they resemble noodles and stay crunchy but are still flexible. Other options include using a spiralizer, julienning the carrots by hand, using a food processor, or shredding on a box grater. The texture could end up being more like slaw and less like noodles, but it will still be delicious. Also, I used reduced-fat Jif for this recipe. If you use natural peanut butter, you may want to increase the sugar.

Whisk the first 6 ingredients together. At first, it won't want to come together evenly, but keep whisking and suddenly it'll all emulsify and be smooth and creamy. Taste. Add cayenne if you'd like it spicy, and a sprinkle of garlic powder if you want it. Add a bit more vinegar or sugar if you'd like. Once the sauce is to your taste, mix in the carrots. Let the salad hang out in the fridge until you're hungry.

Don't be surprised if there is more liquid in the bowl after the carrots sit for a while. The carrots will release a bit of water into the sauce. That's normal.

Serve chilled and garnish with sesame seeds.