RIBBON SALAD

INGREDIENTS

Zucchini
Carrots
Cucumber
Beetroot
any other vegetable

DRESSING

1 small garlic clove
2 tablespoons balsamic vinegar
2 tablespoons olive oil
small handful of basil
salt and pepper to taste

METHOD

1. Wash the vegetables
2. Use a peeler and place the vegetable on a cutting board and peel from top to bottom to make ribbons. Peel into the center of the vegetable and then turn over and continue on the other side.
3. In a jar add the balsamic vinegar, olive oil, garlic (squeezed in a garlic press) and a little salt and pepper and shake.
4. Put the ribbons in a large bowl with the torn up basil and add the dressing and mix.