Tangy Carrot Raisin Salad

6 small carrot-raisin side portions, about 105 g each · Active 20 min · Total 40 min

Ingredients

• 1/3 cup plain raisins (60 g), checked for stalks

• 1/2 cup hot drinking water (120 ml), for soaking then discarded

• 14 oz carrots, peeled and medium-grated (400 g prepared)

• 1/2 cup pasteurized plain thick yogurt (120 g)

• 2 tablespoons fresh orange juice (30 ml), seeds removed

• 1 tablespoon fresh lemon juice (15 ml), seeds removed

• 1/2 teaspoon finely grated peeled fresh ginger (3 g)

• 1/8 teaspoon fine salt (0.75 g)

Set out

Small heatproof bowl, Fine sieve, Clean shallow dish, Medium grater, Mixing bowl, Small dressing bowl, Whisk, Covered serving bowl, Refrigerator

Allergens

Milk; check dried-fruit and yogurt labels for other ingredients. Check labels and substitutions.

Make it

1. Put raisins in the heatproof bowl and cover with hot water. Soak 10 minutes, drain in the sieve and spread on the shallow dish to cool 10 minutes or until no longer warm. Discard soaking water.

2. Meanwhile wash, peel and grate carrots. Whisk yogurt, orange juice, lemon juice, ginger and salt in the dressing bowl. Keep dressing refrigerated until raisins are cool.

3. Fold carrots and cooled drained raisins through dressing. Cover and refrigerate 10 minutes before serving six small side portions. Keep reserve salad cold and use clean utensils.

A shallow cooling dish saves waiting

Spread drained raisins rather than leaving them in a hot heap. Check that they are cool before folding them through the refrigerated dressing; the timetable depends on that small practical step.

A useful detail

The 40-minute total includes the 10-minute raisin soak, a cooling pause, carrot preparation overlapping those stages, mixing and a short refrigerated rest. Hot water softens dried fruit; it is not a reason to mix warm raisins into dairy.

Keep it well

Keep covered at 40°F (4°C) or below and use within 2 days or the earliest yogurt deadline. Return promptly to refrigeration and discard if out longer than 2 hours, or 1 hour above 90°F (32°C). Do not freeze; carrot texture softens and yogurt can separate.