



## Shredded Vegetables with Garlic Sauce

### Ingredients

- 1/2 cucumber, spiralized with SpiraleZ
- 1/2 carrot, spiralized with SpiraleZ
- 4 clove garlic (minced)
- 5ml vinegar
- salt & sugar
- 5ml sesame oil
- 10ml oil

### Step

1. Put the prepared cucumber spirals and carrot spirals into a container marinate.
2. Add the sauce mixture and toss well. Ready to serve.



## 蒜泥涼拌雙色

### 材料

- 青瓜 --- 1/2 個；刨成幼絲
- 紅蘿蔔 --- 1/2 個；刨成幼絲
- 蒜頭 --- 4 瓣 (切蓉)
- 白醋 --- 5 毫升
- 糖 --- 適量
- 鹽 --- 適量
- 麻油 --- 5 毫升
- 生油 --- 10 毫升

### 做法:

1. 將刨成幼絲的青瓜及紅蘿蔔放於大碗中。
2. 加入調味醬汁拌勻，即成。