Sri Lankan Carrot Salad (Sambola)

**Ingredients**

2 cups julienned carrots (thinly sliced into matchsticks)

½ cup grated fresh coconut

3 Tbsp chopped sliced shallot, red pearl onion (or spring onion)

1 tsp fish sauce

½ tsp ground black pepper

½ lime, juiced

½ tsp salt

1 lettuce, washed and separated

1 cup purple cabbage, sliced thinly

**Method**

Peel and slice the carrots. They should look like matchsticks and be the same length

Put them into a bowl

Remove the coconut flesh; if using a whole coconut you will need to use this technique:

Find the softest ‘eye’ at the top of the coconut. With help from an adult tap a screw driver into the hole and then if possible into a second ‘eye’ so that the water can be removed. Catch the water into a bowl or jug. Using the hammer take the coconut outside (the ground is hard enough to help open) and hit it in the middle until it cracks open. An ADULT SHOULD DO THIS. Use a spoon to lever off the flesh from the outer shell.

The brown skin that is left on the coconut flesh is good to eat. Grate the chunks of coconut using the larger side of the grater. Mix in with the carrot and prepare the cabbage leaves to add too. Slice the shallots or spring onions and add.

Wash the lettuce and spin them dry. Spread the leaves out on a platter.

Add the fish sauce and lime juice plus salt to the carrot/coconut mixture and stir well before scattering on top of the lettuce. Serve!