

ATLAS SWIFT & EARTH TO PLATE | SMOKED CARROT SALAD WITH  
HEMP + PUMPKIN SEED DRESSING

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ATLAS SWIFT  
PREMIUM WINES



## Smoked carrot salad with hemp + pumpkin seed dressing

Finding the ideal balance of umami featuring Atlas Swift wine and Smoked Carrot salad with hemp + pumpkin seed dressing

### Atlas Swift Franshhoek Chardonnay 2022

When paired with our Atlas Swift Franschhoek Chardonnay 2022, the combination of smoked carrot lox and the wine results in a visually captivating spectacle while also achieving a harmonious fusion of salty and earthy flavours.

Our most renowned and expressive wine in our portfolio of terroir-inspired wines is the Franschhoek Chardonnay. This wine is robust and full-bodied, with a lengthy, gratifying finish, and is delicately wooded.

Complementing this delectable pairing, it is ample, luxuriously smooth, and brimming with vitality and spirit.

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## SMOKED CARROT SALAD WITH HEMP + PUMPKIN SEED DRESSING

### NOTES

This salad is a celebration of fresh, herbaceous, umami goodness, rich in plant-based protein and nutrition. The combination of smoky cured carrots, umami-laden nori, creamy hemp dressing, and tangy capers creates a symphony of flavors.

Don't skip the croutons – they soak up all the goodness, adding a toasty crunch. I like to freeze left over sourdough for occasions like these. Tear it into rustic pieces, pan-fry with garlic-infused avocado oil or ghee, then crisp in the oven until golden.

**Pro Tip:** Soaking the onions before we use them mellows out their intense pungency. The perfect trick when needed for salads like these or any dishes requiring a milder onion taste.

The Nori seed sprinkle enhances the salad by providing a savory kick, while the basil + lime dressing bursts with fragrance, enriched by the seeds. I've added hemp seeds to the dressing, amping up the protein and adding the extra potency of omega - 3 + 6. This is plant medicine at its best! Definitely worth keeping a jar on hand - it's a versatile sauce, perfect for drizzling over salads, soups, pastas, and more.

Last but definitely not least, is the delightful Carrot Lox! Its made by slow salt-baking carrots and marinating them in smoky flavors, tamari, seaweed, olive oil, lemon, and dill. You can find exceptional carrot lox from local artisans like @Herharvest and @Herbiraw.

## INGREDIENTS

Serves 4 (appetizers) or 2 (larger )

### For the salad

- > Leaves; Baby spinach, rocket, butter lettuce, basil + dill
- > 1 x Avocado, sliced
- > Carrot lox ( see note )
- > ½ Cucumber, peeled ribbons
- > ½ red onion, sliced very thinly
- > 3 tbsp Capers berries, chopped
- > Sourdough croutons
- > Lemon juice + Olive oil
- > Salt + Pepper

### For the dressing

- > ½ cup pumpkin seeds ( soaked in warm water for 2 hours )
- > ¼ cup hemp seeds
- > Big handful fresh basil
- > 1 cup water
- > 2 tbsp lime juice
- > ½ tsp Salt ( + extra ¼ tsp if needed )
- > 1 tsp agave nectar or raw honey
- > 1 clove of garlic, grated

### For the nori sprinkle

- > ½ cup pumpkin seeds
- > 2 sheets nori
- > ½ tsp salt
- > ½ tsp coconut sugar
- > ¼ tsp chilli flakes ( optional )
- > Zest of one lemon

## METHOD

**Make the dressing:** Drain the soaked pumpkin seeds. Transfer them to a high-speed blender along with all the other ingredients. Blend until the mixture is silky smooth. Taste and add the extra salt if desired. Transfer the dressing to a jar and store it in the fridge until needed

**Option:** If you prefer a smoother dressing, pass the dressing through a fine mesh sieve set over a bowl. Use the back of a spoon to push down, extracting as much of the dressing as possible. Reserve the leftover dry pulp to use as a pesto or spread.

### Make the nori seed sprinkle

Snip nori up into pieces, place them in a blender. Pulse to break them into smaller flakes. Toast pumpkin seeds in a dry pan until they start to crackle and pop. Remove from the heat and place them into a mortar and pestle. Crush to break the seeds open rustically. Add the nori flakes, coconut sugar, salt, chilli flakes and lemon zest. Mix to combine.

### Prepare the salad

Place sliced red onions in a bowl of ice-cold water for 15-30 minutes. Drain and rinse well. While the onions soak, slice the avocado and place it in a bowl. Squeeze lemon juice over the avocado to prevent browning. In a large bowl, combine mixed salad leaves, fresh herbs, capers, prepared red onions, and cucumber ribbons. Drizzle olive oil over the salad, squeeze in lemon juice, and season with salt and pepper. Toss the ingredients lightly to combine.

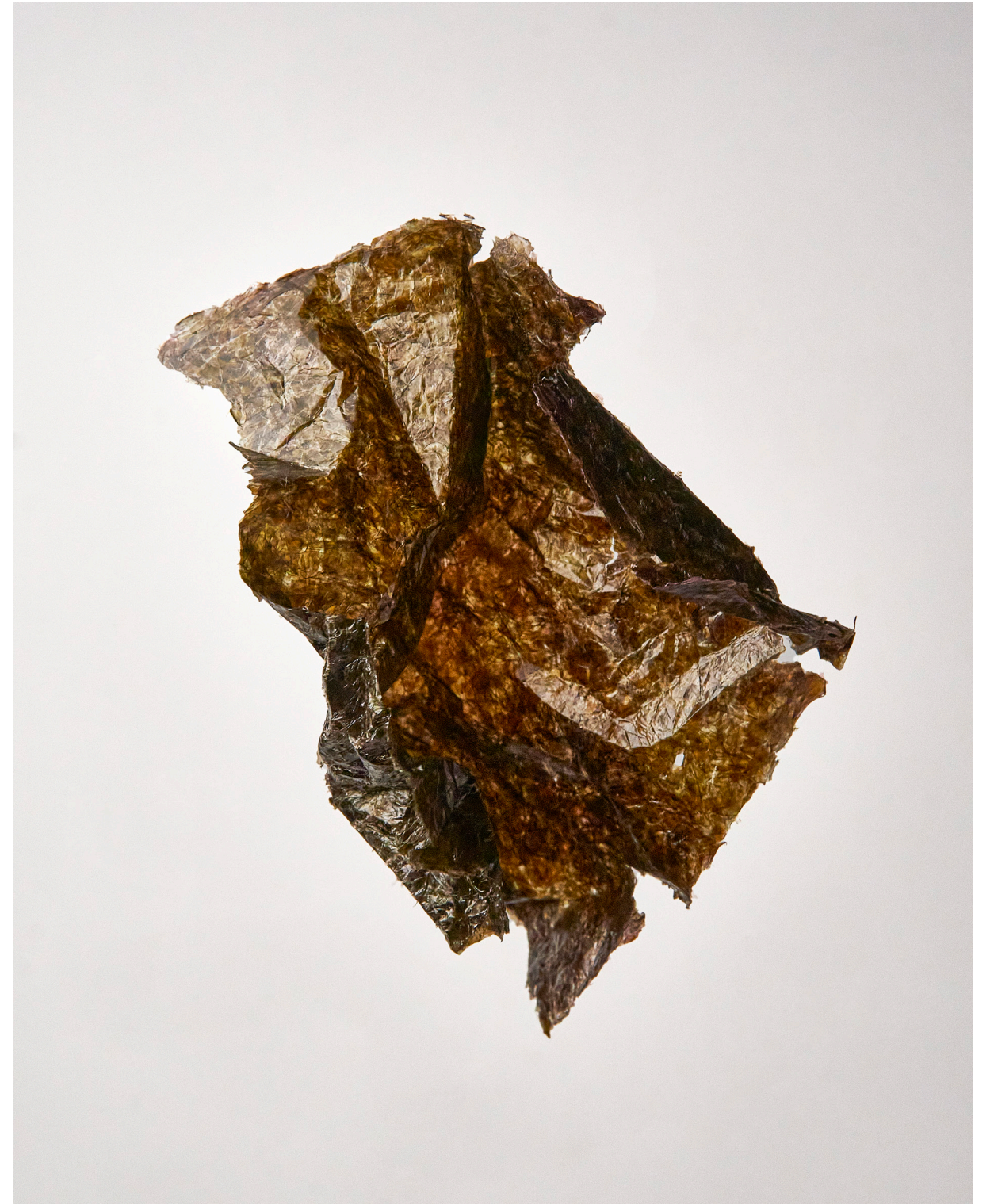
### To assemble the salad:

Drizzle some hemp dressing on the base of 4 bowls or a larger platter. Add a layer of croutons and top with a sprinkle of the nori mixture. Garnish with handfuls of the prepared mixed salad. Alternate the layers with strips of carrot lox and sliced avocado. Drizzle creamy dressing over the layers and finish with sprinkles of the nori mixture.





This magical mix of ingredients, rich in protein, iron, and iodine, is a potent and tasty condiment to keep on hand. Sprinkle it over rice bowls, soups, roasted vegetables, and more!



Nori is a delicious seaweed that can greatly enhance your pantry staples. Its delicate salty-sweet, ocean-like flavor elevates and boosts nutrition in a variety of dishes.





## Franschhoek Chardonnay

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A floral wine with hints of magnolia and frangipani to complement the ripe peach, apricot and roasted cashew nut aromas.

Flavours of yellow peach and apricot are backed by a flinty edge and a rich textural mouthfeel. The balanced oak component adds further weight to the mid-palate. The finish is somewhat oily, and notes of ripe stone fruits linger for a satisfyingly long time.

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