JAPANESE · SAUCE

Japanese Restaurant Carrot-Ginger Dressing

5 min · Makes 12 × 2 tbsp · 44 kcal a portion · Video 4:18 · ochikeron

Vegan · Nut-free

Raw carrot, onion and ginger make up much of the bulk, so a 2-tbsp portion has only about 45 kcal and about 1 g of added sugar.

Diet notes: Keto (2.3 g net carbs a serve); Gluten-free with a swap: Use tamari instead of soy sauce to keep it gluten-free.

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Ingredients

8 · MAKES 12 × 2 TBSP

- [ ] 100 g **carrot**, diced
- [ ] 50 g **onion**, diced
- [ ] 2 tbsp grated **ginger**
- [ ] 5 tbsp **vinegar**
- [ ] 4 tbsp **soy sauce**
- [ ] 3 tbsp **sesame oil** (or olive, grapeseed or another oil)
- [ ] 1 tbsp **sugar**
- [ ] a pinch of **salt**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Gluten, Sesame, Soy. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Peel and dice the carrot and onion, and finely grate the ginger.
2. Put the carrot, onion and ginger in a blender with the vinegar, soy sauce, sesame oil, sugar and a pinch of salt. 0:56
3. Blend until smooth and bright orange, scraping down the sides once if needed. 1:44
4. Pour over a crisp green salad (she uses lettuce, cherry tomatoes and capsicum strips), or use it as a dipping sauce. Keep in a closed jar in the fridge for up to a week, though it tastes best fresh. 2:03

> **Tip** Makes about 350 ml. Shake or stir before using, as it settles. The cook says any oil works if you prefer a milder flavour than sesame.

The method is a summary in our words — the video shows every step.

One portion (2 tbsp) gives you

1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
44 kcal	0.6 g	2.7 g	0.4 g	3.4 g	320 mg
180 kJ	1% of a day	2.3 g net · 1.6 g sugars	1% of a day	0.5 g saturated	14% of a day
		1% of a day		4% of a day	

Energy from net carbs 22% · protein 6% · fat 72% — fits keto: 2.3 g net carbs, 72% of the energy from fat

Recipe and video: ochikeron (@ochikeron) on YouTube — youtube.com/watch?v=MuVg8EbVMqs, published 26 April 2016. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/carrot-ginger-dressing-japanese