**Cauliflower & carrot salad**

Serves 4 – 6

* 1 small or ½ large cauliflower
* 2 carrots, grated
* 1 red onion, finely chopped
* 2 tsp capers
* 2 tbsp chopped parsley
* 1 tbsp white wine vinegar
* 1 tsp Dijon mustard
* 2 tbsp olive oil
* 1 tbsp lighter mayonnaise

1. Break cauliflower into florets, cutting any larger ones into thin slices.
2. Mix with carrots, red onion, capers and chopped parsley.
3. Whisk white wine vinegar with Dijon mustard, season, then whisk in olive oil and mayonnaise.
4. Pour over the salad and mix well. Can be stored in the fridge for up to 3 days.