

# Carrot Sambaro

Curried Carrots with a zing! From **Tanzania**<sup>1</sup>.

This is a side dish to a main curry.

## Ingredients

- 250gm organic carrots
- 5 ml mustard seed
- 2.5 ml **FAIRTRADE** turmeric
- 2 cloves garlic
- 5 ml **FAIRTRADE** chilli powder
- 15 ml **FAIRTRADE** lemon juice

## Method

Peel the carrots and slice them small, and then par boil (10 minutes in boiling water).

Peel and chop the garlic.

In a heavy pan fry the mustard seed, turmeric, garlic, and chilli for a minute or so.

Add the par-boiled carrots and stir them round until they are coated with the spice mixture.

Add a little salt, cover the pan, and simmer gently for 5 minutes.

## To serve

Just before serving, splash with a little lemon juice, or provide a lemon quarter to each person.

## Variation

In place of chilli powder use a fresh green chilli, de-seeded and sliced fine.

Instead of the lemon juice, provide a lemon quarter each.

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<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/tanzania.htm>