

Moroccan Carrot Salad

Spicy carrots with herbs.

Ingredients

- 500 g organic carrots
- 1 large **FAIRTRADE** lemon
- 3 cloves garlic
- 25 ml Zaytoun **FAIRTRADE** olive oil
- 5 ml ground cumin
- 2.5 ml ground chilli
- lots fresh herbs
- 5 ml paprika

- to taste **FAIRTRADE** freshly ground black pepper

Gently saute the garlic in warm olive oil for about three minutes and then add the lemon juice, herbs and spices. Add the cooked carrots and saute for a further 2 to 3 minutes.

Remove from the heat and allow to cool.

To serve

Serve chilled.

Method

Notes

As a salad dish this can be prepared well ahead of meal time, and kept chilled until needed.

Preparation

Top and tail, and peel the carrots. Slice into .5 cm thick slices.

Juice the lemon.

Skin the garlic and chop fine.

Wash and coarsely chop the herbs.

Assemble the spices.

Cooking

Cook the carrots in boiling water until just tender (10 to 15 minutes).

Once cooked, drain and rinse in cold water.