

CARROT SALAD

500 grams carrots

4 tablespoons olive oil

1 teaspoon caraway seeds

1 teaspoon cumin seeds

1 teaspoon paprika

2 cloves garlic, crushed

1 teaspoon harissa

1 ½ teaspoons sugar

¼ cup lemon juice

¼ cup flat leaf parsley, roughly chopped

100 grams feta cheese, crumbled



Peel the carrots and grate them into a large bowl.

Heat the oil in a pan and add the caraway, cumin, paprika, garlic, harissa and the sugar. Cook together for 2 minutes, then add the lemon juice.

Remove from the heat and toss through the carrots. Season to taste, then add the parsley. Leave to marinate for about an hour before serving for the flavours to infuse.

Spoon onto a serving platter and sprinkle crumbled feta over the top, along with a little more parsley to garnish.

It's worth buying a jar of harissa for this salad alone!

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