

# Moroccan Carrot Salad

**Season:** Winter

**From the garden:** carrots, garlic, lemon juice, flat leaf parsley or coriander

**Type:** Main

**Difficulty:** Easy

**Serves:** 4 adult serves / 12 small tastes

**Recipe source:** Winter Recipes from the Garden to Table Kitchen, by Catherine Bell

## Equipment

- Chopping board
- Peeler
- Grater
- Large bowl
- Garlic press
- Lemon squeezer
- Chef's knife
- Frying pan
- Measuring spoons
- Measuring cups

## Ingredients

- 500 g carrots (about 3 large )
- 4 tablespoons vegetable oil
- 2 cloves garlic
- 1 teaspoon caraway seeds
- 1 teaspoon cumin seeds
- 1 teaspoon paprika
- 1 teaspoon harissa\*
- ¼ cup lemon juice
- sea salt and freshly ground pepper
- Large handful coriander or flat leaf parsley leaves

## How to make it:

1. Peel and grate the carrots and place in a large bowl.
2. Peel and crush the garlic.
3. Squeeze the lemon. Chop the herbs
4. Heat the oil in a frying pan over a medium heat. and add garlic, caraway, cumin, paprika, and harissa. Cook for 2 minutes then add the lemon juice.
5. Remove from the heat and toss through the carrots. Season with salt and pepper and add the chopped coriander or parsley.

**Skills:** peel, grate, crush, squeeze\*, fry, toss, season.

Key skill: squeeze - use a lemon squeezer to extract the juice from the lemon. There are lots of different types of lemon squeezing tools, including metal citrus presses, glass or plastic juicers with built in strainers or wooden lemon reamers. You can even use a fork to loosen the lemon and then squeeze with your hand. Try to catch the pips so they don't end up in your dish.



## Notes:

\*Harissa - a fiery hot paste from North Africa, made with a combination of chilli, garlic, cumin, coriander and caraway.