

Cumin and lemon carrot salad |

Recipe for 4 servings

Description

A recipe from north africa, with carrots, lemon, oliv oil, cumin seeds and cumin powder.

Note

To make this salad more substantial, it can be served with grilled chicken.

Ingredients

For the salad

- 300 Gr Carrot
- 10 Ml Cumin powder
- 5 Ml Cumin seeds
- 1 Unit(s) Lemon
- 45 Ml Olive oil
- 8 Sprig(s) Parsley

- Salt and pepper

Garnish (option)

- 60 Gr Feta cheese
- 4 Tbsp Pumpkin seed

- Salt and pepper

Preparation

- Preparation time **30 mins**

For the preparations

Peel and cut the carrots in half centimetre slices. In a big pot of salty boiling water, blanche the carrots until it gets tender. Strain it and let it cool down. Squeeze and strain the lemon juice. Pick and chop the parsley.

For the salad

In a bowl, put the lemon juice, oliv ol, cumin powder, cumin seeds and season it. Add the carrots lightly warm, and mix it well. Put it in a serving bowl and top it with the parsley.

Bon appétit!