

Khizou Mchermel : Moroccan carrot salad |

Recipe for 4 servings

Description

An essential salad on Moroccan tables, the translation means marinated carrots.

Note

Watch out for the risk of overcooking the carrots, as we're not looking for a puree texture, but quality cooking and seasoning are key to this recipe.

Ingredients

Carrot salad

- 400 Gr Carrot
- 1 Tsp Cumin powder
- 1 Tsp Paprika
- 3 Turn(s) Freshly ground black pepper
- 0.50 Unit(s) Lemon juice
- 2 Tbsp Olive oil
- 1 Clove(s) Chopped garlic
- 4 Sprig(s) Chopped parsley
- 4 Sprig(s) Fresh cilantro

- Salt and pepper

Preparation

- Preparation time **45 mins**

Setting up

Peel the carrots, then cut them on a bevel, no thicker than 1 cm.

Remove the leaves and chop the parsley and coriander.

Cooking carrots

Bring a pan of salted water to the boil, then plunge in the carrot slices and cook for 15 to 20 minutes, keeping them slightly firm to make them more pleasant.

First option

Drain, cool in iced water and drain again.

Second option

Drain the carrots, let them cool slightly, then serve them warm.

Vinaigrette and finish

In a bowl, mix lemon juice, spices, garlic and chopped herbs.

Add the carrots, mix gently and season with salt and pepper if necessary.

Serve up!

Bon appétit!