



Salad Recipes

Carrot Salad with Harissa, Feta and Mint

Harissa is a North African chile-paste that pairs well with nearly any food. Make your own by boiling down hot chiles, ground with garlic, cumin, coriander, caraway and olive oil with a smidge of sundried tomatoes.



- *3/4 pound carrots, peeled, trimmed and coarsely grated
- *4 tablespoons olive oil
- *1 crushed clove of garlic
- *1/2 teaspoon caraway seeds or about half as much, ground (I used seeds but ground them first)
- *3/4 teaspoon cumin seeds or about half as much, ground (I used the seed but ground them first, again)
- *1/2 teaspoon paprika
- *3/4 teaspoon harissa (for a solid kick of heat; adjust yours to taste, and to the heat level of your harissa)
- *1/2 teaspoon sugar
- *3 tablespoons lemon juice
- *2 tablespoons flat leaf parsley, finely chopped
- *2 tablespoons fresh mint, finely chopped
- *100 grams feta, crumbled or chopped into bits

In a small sauté pan, cook the garlic, caraway, cumin, paprika, harissa and sugar in the oil until fragrant, about one to two minutes. Remove from heat and add the lemon juice and a pinch of salt. Pour over the carrots and mix. Add the herbs and mix. Leave to infuse for an hour and add the feta before eating. With a fork.

Source: Smitten Kitchen