



Spicy Carrot Salad

lightly adapted from Smitten Kitchen

- 3/4 pound carrots, peeled, trimmed and coarsely grated
- 3 tablespoons olive oil
- 1 garlic clove, minced
- 1/2 teaspoon caraway seeds
- 1 teaspoon ground cumin
- 1/2 teaspoon pimentón (sweet or spicy)
- 3/4 teaspoon harissa, or to taste
- 1/2 teaspoon sugar
- 3 tablespoons fresh lemon juice
- 2 tablespoons flat leaf parsley, finely chopped
- 2 tablespoons fresh mint, finely chopped
- 2 tablespoons cilantro, finely chopped
- 100 grams crumbled feta

In a small sauté pan, heat the oil and cook the garlic, caraway, cumin, pimentón, harissa and sugar for a couple of minutes until fragrant. Remove from heat and add the lemon juice and a generous pinch of sea salt. Pour over the carrots and mix well. Add the herbs and mix again. Let it rest at room temp for an hour or so, then mix in the cheese and serve. Store in a tightly sealed container in the fridge for up to 3 days.