

RESCUE*RECIPE - MOROCCAN CARROT SALAD

INGREDIENTS

500g carrots* peeled & diced

Salt & pepper to taste

½ - 1 tsp harissa (or mix of smoked paprika & cayenne pepper)

1-2 tsp cumin powder

3 Tbsp white wine vinegar or
lemon juice*

4 Tbsp olive oil

2 cloves garlic, crushed

½ tsp grated ginger*

2 Tbsp honey

OPTIONAL- olive and olive oil to garnish. Pinch of cinnamon.

Adjust all seasonings to taste.

DIRECTIONS

Step 1 –Boil the carrots to soft. Approx. 10 minutes

Step 2- Drain water from carrots. Either mash or puree carrots depending on desired consistency.

Step 3- Add all other ingredients. Mix thoroughly. Place in serving bowl. Sprinkle with a pinch of cinnamon, drizzle of olive oil and a single olive to serve.

Step 4- serve warm or cool. Can also be used as a dip with pita bread or crackers.



From this... to this....



FUNKY FOOD FACT:

“Old carrots” are actually recommended for better taste in this recipe. But not tooooo old!
... don't use veg that are slimy, smelly, spotty or mushy.