

**Chef's Tip:**

A great recipe to be made in advance and left for the flavours to infuse.

Spring Carrot and Cumin Salad

Ingredients

- 1.5kg spring carrots, peeled but left whole
- 1-2 cloves garlic, crushed (½ tsp)
- 2 tsp cumin seeds, toasted
- 2 tsp sesame seeds
- 1 tbsp honey
- 1tbsp lemon juice
- ½ cup sultanas
- ½ cup pine nuts, toasted
- 2 tbsp olive oil
- 1 bunch coriander leaves or flat leafed parsley, chopped

Method

- Boil the whole carrots in lightly salted water for 8-10 minutes until just tender (can be steamed if preferred).
- Mix the garlic, cumin and sesame seeds, honey and lemon juice, using a blender is a good option. Drain the carrots and slice on the diagonal. Tip into a serving bowl or platter.
- Toss with the seed mixture, sultanas, pine nuts, olive oil and chopped herbs.
- Serve at room temperature, serves 6.

So sweet. So fresh. So tasty!

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