



Moroccan Carrot Salad

Ingredients:

3 carrots, chopped into one-inch pieces (about 1 cup)
1 clove of garlic, minced (I actually lean towards two, but I'm a bit extreme in my garlic use)
1 small handful of parsley, minced
1 Tablespoon olive oil
Two squeezes of lemon juice
1/2 teaspoon ground cumin
1/2 teaspoon ground coriander
Pinch of red pepper flakes, or to taste
Pinch of salt

Directions:

Fill a small saucepan with water and pinch of salt. Add the chopped carrots and set on the stove to boil. Cook until soft, about 10 minutes. To test for softness, pierce with a fork.

While the carrots are cooking, chop your garlic and parsley. Place those in a medium-sized bowl, along with the spices and salt.

Once the carrots have cooked, remove from the heat and drain in a colander in the sink.

Add the cooked carrots to the bowl of garlic, salt and spices. Add the oil and lemon juice.

Stir. Enjoy.