

# Shaved Carrot Salad with Poppy Seeds and Parsley

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## Servings: 5

1. Using Y-style vegetable peeler or mandoline, shave carrots from top to bottom into long, wide ribbons, rotating carrot as you go. If using smaller carrots it may be easier to go from bottom to top. Discard cores. Place ribbons in a large microwave-safe bowl and toss with 3/4 tsp salt. Cover and microwave on high until crisp-tender. Depending on the thickness of the carrots, this may be 1 1/2 to 3 or up to 5 minutes total. Stir once during cooking time and taste - don't overcook. Set aside, uncovered, leaving any juices in the bowl.

2. In a small saucepan over medium heat, toast poppy seeds until they are darkened just slightly, about 2 minutes. Transfer to small bowl and set aside. In the same saucepan over medium heat add oil, garlic, and star anise, stirring occasionally, until the garlic begins to brown on the edges, 1-2 minutes. Reduce heat to low, add lemon juice and sugar, then whisk occasionally until sugar dissolves. Cook for about 3 minutes. Remove and discard (spoon out) the garlic and star anise.

3. Pour warm dressing over the carrots and toss. Let stand for 15 minutes. Add poppy seeds and parsley, then toss again. Taste and season with salt, sugar or more lemon juice as needed. Transfer to serving bowl and add more parsley as garnish.

- 1 1/2 pounds carrots, peeled (about 4-5 large)
- 3/4 teaspoon salt, or more if needed
- 1 tablespoon poppy seeds
- 1/4 cup EVOO
- 2 medium garlic cloves, peeled, smashed
- 2 whole star anise
- 1/4 cup lemon juice, or more as needed
- 1 teaspoon sugar, or substitute
- 1/2 cup flat leaf parsley, chopped

*Per Serving (excluding unknown items): 173 Calories; 12g Fat (59.5% calories from fat); 2g Protein; 16g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 446mg Sodium; 8g Total Sugars; 0mcg Vitamin D; 86mg Calcium; 1mg Iron; 511mg Potassium; 72mg Phosphorus. Exchanges: 2 Grain(Starch).*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**