

Spicy Carrot Salad

From Jerusalem: The Cookbook, by Ottolenghi and Tamimi



- 6 large carrots, peeled (about 1.5 lbs)
- 3 Tbsp olive oil
- 1 large onion, finely chopped
- 2 Tbsp harissa
- 1/2 tsp ground cumin
- 1/2 tsp caraway seeds, freshly ground
- 1/2 tsp sugar
- 3 Tbsp cider vinegar
- 1 1/2 cups arugula

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 4

1. Place carrots in a large saucepan, cover with water, and bring to a boil. Decrease the heat, cover, and cook for about 20 mins until the carrots are just tender. Drain and cool. Once cooled cut into 1/4" slices.
2. While the carrots are cooking, heat half the oil in a large frying pan. Add the onion and cook until browned.
3. Put all of the ingredients (except arugula) into a bowl and toss. Set aside at room temp for 30 minutes for the flavors to meld. Serve over arugula.

Per Serving (excluding unknown items): 154 Calories; 10g Fat (58.5% calories from fat); 2g Protein; 15g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 41mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 2 Fat; 0 Other Carbohydrates.