



Carrots with Caraway

Carrots dressed with lemon juice and toasted caraway seeds and garnished with fresh coriander.

Serves : 4

Preparation Time : 5 minutes

Cooking Time : approx 10 minutes

Ingredients

1 lb / 450 g carrots, peeled but left whole
juice 1/2 to 1 lemon
2 tbsp olive oil
1 clove garlic
salt and pepper seasoning
fresh coriander for garnish (optional)

Herbs & Spices

2 tsp Caraway Seed

Cooking Instructions

Put the caraway seeds in a dry frying pan and place over a high heat. Gently move the seeds around as they heat up, and start to toast. Once they start to go brown (will happen quickly, so don't let them burn) remove them from the pan and set aside.

Bring a large pan of water to boil and put in the whole carrots. Cook until just tender, drain and leave to cool. Slice finely and put in a serving dish.

Crush the glove of garlic with a little salt in a pestle and mortar. Add the lemon juice (the quantity depends on the size of your lemon) and the oil (adjust quantities to taste). Add the caraway seeds and season to taste. Drizzle over the carrots and mix through. Scatter chopped fresh coriander over to serve.