

Spicy Moroccan Carrot Salad



Ingredients

- 2 lbs carrots
- 1/3 cup olive oil, plus extra to finish
- 1 medium onion, finely chopped
- 1 tsp sugar
- 3 garlic cloves, crushed
- 2 medium green chiles, finely chopped
- 1 green onion, finely chopped
- 1/8 tsp ground cloves
- 1/4 tsp ground ginger
- 1/2 tsp ground coriander
- 3/4 tsp ground cinnamon
- 1 tsp sweet paprika
- 1 tsp ground cumin
- 1 tbsp white wine vinegar
- 1 tbsp chopped preserved lemon
- salt
- 2 1/2 cups cilantro leaves, chopped, plus extra to garnish
- 1/2 cup Greek yogurt, chilled

Info

- **Prep:** -
- **Cook:** -
- **Serves:** 4
- [Source](#)

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Directions

1. Peel the carrots and cut them, depending on their size, into cylinders or semicircles 1/2 inch thick; all the pieces should end up roughly the same size. Place in a large saucepan and cover with salted water. Bring to the boil, then turn down the heat and simmer for about 10 minutes or until tender but still crunchy. Drain in a colander and leave to dry out.
2. Heat the oil in a large pan and sauté the onion for 12 minutes on a medium heat until soft and slightly brown. Add the cooked carrots to the onion, followed by all the remaining ingredients, apart from the cilantro and yogurt. Remove from the heat. Season liberally with salt, stir well and leave to cool.
3. Before serving, stir in the cilantro, taste and adjust the seasoning if necessary. Serve in individual bowls with a dollop of yogurt, a drizzle of oil and garnished with the extra cilantro.

[carrot](#), [pepper](#), [cloves](#), [ginger](#), [cilantro](#), [yogurt](#)

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