

CARROT SALAD

Source: Bobby Flay's Boy Meet Grill, Episode "Moroccan"

Prepared by: Denise Eckert, October, 2016

Total Time: 13 min

Yield: 4 servings

6 large carrots, peeled
1/4 cup fresh lemon juice
2 cloves garlic, finely chopped
2 teaspoons ground cumin
1/2 teaspoon cayenne pepper
1 teaspoon salt, plus more for water
1/4 cup olive oil
1/4 cup finely chopped flat-leaf parsley

Bring a large pot of salted water to a boil. Add the whole carrots (cut them in half if they don't fit in the pot) and cook until just cooked through, about 8 to 10 minutes. Drain and cut carrots into 1/2-inch thick slices.

Whisk together the lemon juice, garlic, cumin, cayenne, and salt in a large bowl. Slowly drizzle in the olive oil until emulsified and stir in the parsley. Add the cooked carrots and toss to combine. Serve cold or at room temperature.

