

Spiced Carrot and Fennel Salad

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This peppery salad is the perfect accompaniment to a big Indian curry - the clean, sweet flavours of the carrot and the aniseed flavour of the fennel are the perfect pairing to the spices in the salad.

Ingredients:

2 large carrots
2 fennel bulbs
2 tbsp. extra-virgin olive oil
4 tbsp. lemon juice
Salt and pepper
1 tsp. mustard seed

Directions:

1. Very thinly slice the carrots and fennel bulbs. Place into a bowl.
2. Put the mustard seed into a hot frying pan and toast for 30 seconds. Take the pan off the heat. Add the oil and lemon juice and stir to make a dressing. Season to taste.
3. Pour the dressing over the carrot and fennel and toss to coat. Serve immediately.

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