

heute gibt es...

Oriental carrot salad



Ingredients(For 2-3 people)

- a total of 500g mixed carrot ("normal" and violet) and parsnips
- 1 clove garlic
- 1-2 tablespoon olive oil
- some fresh parsley
- Salt
- some cumin
- 1 gestr. TL Curry
- some cinnamon

Preparation:

1. The peel root vegetables and cut into slices about 1 cm.
2. Bring a pan of salted water to a boil and pour in the vegetables for 15 minutes.
3. let the carrots drain well after cooking.
4. Cut the parsley and then mix with the spices well into the vegetables.
5. Heat a non-stick pan and pour in the olive oil.
6. Peel the garlic, crush with the flat side of a knife and let sauté in the oil.
7. Now add the carrots and for about five minutes - or longer if you desire more roasted flavors - fry in a pan.
8. Finally, season with the spices and serve warm or cold as desired.