



Indian Carrot Salad

READY IN



45 min.

SERVINGS



4

CALORIES



717 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound carrots mixed peeled (colors if possible)
- 1 small bunch cilantro leaves fresh leaves picked
- 1 teaspoon cumin seeds
- 2 teaspoons garam masala
- 1 teaspoon ginger freshly grated
- 1.3 pounds coarsely ground lamb
- 1 halves optional: lemon
- 1 lemon zest juiced
- 1 small bunch mint leaves fresh leaves picked

- 4 servings naan bread
- 4 servings olive oil extra-virgin
- 4 servings sea salt
- 1 tablespoon sesame seed
- 3 small shallots red peeled
- 4 servings yogurt

Equipment

- bowl
- frying pan
- knife
- whisk
- mandoline
- mortar and pestle
- peeler
- box grater

Directions

- This is a beautiful fresh Indian-style salad with a zingy crispness that goes wonderfully with spicy lamb. The dressed carrots can be served on their own with some added apple or celery for extra sweetness and crunch.
- Heat a large frying pan and fry your ground lamb until all the fat comes out of it.
- Add the garam masala and a good pinch of salt and give it a stir. Keep frying until the meat is lovely and crispy. Shave the carrots into long thin strips with a peeler or a mandoline slicer and set them aside.
- Heat a small frying pan over a moderate heat and toast the cumin seeds for 30 seconds - they will start to smell nutty and gorgeous. You're not trying to cook the seeds here, you're just waking their flavors up a bit.
- Put them into a pestle and mortar and grind them up.
- Put the pan back on the heat and toast the sesame seeds until golden.

- Transfer them to a plate.
- Slice your peeled shallots or onion wafer thin. As with all salads that contain onion, you don't want to be coming across great big chunks! If you don't feel confident about your knife skills, use the coarse side of a box grater instead. This will almost mush your onions to a puree, but at least you won't come across any big bits.
- To make your dressing, put the lemon zest and juice into a bowl and add the shallots or onion, grated ginger, ground cumin and a pinch of salt.
- Whisk everything together with about 5 tablespoons of extra- virgin olive oil.
- Pour the dressing over the carrots, add the cilantro and mint leaves, and mix it all together using your fingers. It's important that you have a little taste to check whether the dressing needs more lemon juice, oil or seasoning.
- Divide the crispy lamb between 4 plates and put the dressed salad on top.
- Sprinkle with the toasted sesame seeds.
- Served with naan bread, some yogurt and lemon halves, this makes a great snack!
- "Our agreement with the producers of "Jamie at Home" only permit us to make 2 recipes per episode available online. Food Network regrets the inconvenience to our viewers and foodnetwork.com users"

Nutrition Facts



Properties

Glycemic Index:51.33, Glycemic Load:5.42, Inflammation Score:-10, Nutrition Score:26.633043462815%

Flavonoids

Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 18.05mg, Quercetin: 18.05mg, Quercetin: 18.05mg, Quercetin: 18.05mg

Nutrients (% of daily need)

Calories: 716.88kcal (35.84%), Fat: 51.28g (78.89%), Saturated Fat: 17.12g (106.97%), Carbohydrates: 35.07g (11.69%), Net Carbohydrates: 29.21g (10.62%), Sugar: 10.02g (11.14%), Cholesterol: 106.09mg (35.36%), Sodium:

574.57mg (24.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.66g (57.33%), Vitamin A: 19131.7IU (382.63%), Vitamin B12: 3.28µg (54.63%), Vitamin B3: 9.82mg (49.11%), Selenium: 27.94µg (39.92%), Zinc: 5.46mg (36.39%), Vitamin K: 35.06µg (33.39%), Phosphorus: 304.26mg (30.43%), Potassium: 838.96mg (23.97%), Vitamin B2: 0.4mg (23.59%), Fiber: 5.86g (23.45%), Vitamin B6: 0.47mg (23.3%), Vitamin E: 3.14mg (20.95%), Iron: 3.52mg (19.54%), Vitamin B1: 0.29mg (19.42%), Manganese: 0.38mg (19.17%), Vitamin C: 15.79mg (19.14%), Folate: 67.45µg (16.86%), Copper: 0.32mg (16.15%), Magnesium: 62.38mg (15.59%), Vitamin B5: 1.36mg (13.58%), Calcium: 130.31mg (13.03%)