

Moroccan Carrots

INGREDIENTS

9 baby carrots
2 to 4 small chillies finely sliced
½ cup red wine vinegar
2 cloves garlic minced
1 tsp cumin
Salt and pepper to taste
½ cup olive oil
1 small bunch watercress or rocket
¼ cup almonds (blanched)
1 sprig rosemary

METHOD

1. Roughly chop the almonds and place in a frying pan with some oil, salt and the rosemary. Fry for two minutes. Set aside.
2. Add the chillies, garlic, cumin, the rest of the olive oil and red wine vinegar to a bowl and mix. Set aside.
3. Clean the carrots but leave the skins on and par boil for 10 minutes, then shock in cold water to stop the cooking process.
4. Marinate the carrots in the sauce for 10 minutes.
5. Place the marinated carrots in a baking dish and bake at 200 °C for 15 to 20 minutes, or until carrots are cooked.
6. Serve the carrots with the watercress/rocket and sprinkle on the almonds.

Veet Karen