

Carrot Salad with Harissa, Feta and Mint

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/harissa-lebanese-recipe>

Ingredients:

- 3/4 pound carrots peeled, trimmed and coarsely grated
- 4 tablespoons olive oil
- 1 garlic crushed clove of
- 1/2 teaspoon caraway seeds or about half as much, ground, I used seeds but ground them first
- 3/4 teaspoon cumin seeds or about half as much, ground, I used the seed but ground them first, again
- 1/2 teaspoon paprika
- 3/4 teaspoon harissa for a solid kick of heat; adjust yours to taste, and to the heat level of your harissa
- 1/2 teaspoon sugar
- 3 tablespoons lemon juice
- 2 tablespoons flat leaf parsley finely chopped
- 2 tablespoons fresh mint finely chopped
- 100 grams feta crumbled or chopped into bits

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 20 milligrams
4. Fat: 19 grams
5. Fiber: 3 grams
6. Protein: 5 grams
7. SaturatedFat: 6 grams
8. Sodium: 360 milligrams
9. Sugar: 6 grams

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