

# Indian Carrot Salad

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-indian-carrot-salad>

## Ingredients:

- 1 1/3 pounds lamb quality coarsely ground lean
- 2 teaspoons garam masala
- sea salt
- 4 9/16 cups carrots mixed colours if possible, peeled
- 1 tablespoon sesame seeds
- 1 bunch coriander leaves fresh, picked
- 1 bunch fresh mint leaves picked
- 1 teaspoon cumin seeds
- 3 shallots or 1 small red onion, peeled
- 1 lemon zest and juice of
- 1 teaspoon ginger freshly grated
- extra-virgin olive oil