

## Carrot sambaro

(Serves 4)



750g/1lb 10oz carrots - julienne  
½ tsp black mustard seeds  
2 tbsp ground nut oil  
4 cm piece of fresh ginger mashed  
1 medium green rocket chilli chopped  
¼ tsp salt to taste  
½ tsp ground coriander seeds  
½ tsp ground cumin seeds  
¼ tsp turmeric  
¼ tsp garamasala  
Juice of ½ a lemon  
2 tbsp fresh chopped chives  
1 tbsp fresh coriander

### Preparation

Squeeze the fresh lemon juice and julienne the carrots.

### Method

1. Heat the oil in a large frying pan over a medium heat.
2. Add the mustard seeds and when the popping has stopped, add the carrots, ginger, green chilli, coriander, cumin, turmeric and salt to taste.
3. Stir-fry quickly for 2-3 mins or until the carrots begin to soften; remove from heat.
4. Squeeze over some lemon juice and sprinkle over the garamasala, chopped chives and fresh coriander.