

Carrot Salad with a Hit of Heat



Some like cooked carrots, while others prefer them grated to make a crunchy salad. You can do either with this recipe--just toss steamed carrot coins with the dressing. The sweetness of the carrots is balanced by the fresh bite of the sambal oelek and chopped herbs. I suggest a mix of cilantro and mint, but you could use 3 tablespoons of just one or the other, if you wish; minced chives are an optional extra. One teaspoon sambal gives subtle heat; two give a noticeable punch. You can also make this salad with boiled sweet potatoes, peeled and chopped into bite-sized chunks--a delicious version. Yield:

Serves 4 (serving size: 1 cup)

Total time: 40 Minutes

Ingredients

3 tablespoons extra-virgin olive oil
1 tablespoon fresh lemon juice
1 teaspoon sambal oelek (ground fresh chile paste)
4 cups coarsely grated carrot (about 1 pound)
3/8 teaspoon kosher salt
2 tablespoons chopped fresh cilantro
1 tablespoon minced fresh mint
1 tablespoon minced fresh chives (optional)

Preparation

1. Combine first 3 ingredients in a large bowl, stirring with a whisk. Add carrot and salt; toss to coat. Let stand 30 minutes. Just before serving, add cilantro, mint, and chives, if desired; toss to combine.