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070308b

Salad; Side

Tomato

Jared Ingersoll

Warm carrot, ginger, chilli and caper salad

Olive oil

1 small bunch baby carrots, peeled and topped

½ red chilli, seeded, sliced

3cm pieces ginger, peeled, julienned

1 tbs baby capers

2 flat leaf parsley sprigs

1 small wedge iceberg lettuce

1 Heat oil in a frying pan over medium heat, cook carrots, chilli, ginger and capers, stirring for 6-8 minutes, until carrots are tender, stir in parsley.

2 Place iceberg lettuce on a plate and spoon over the carrot mixture, drizzle with olive oil and season with salt and pepper to serve.