Carrot, orange and cashew salad

View recipe on the website

Ingredients

- 2-3 carrots, cleanly shaved
- 2 oranges
- 50 g cashew nuts
- Cumin seeds
- Salts
- Extra virgin olive oil

Instructions

1. Two or three shaved larger carrots. Carrots can be cut into straws, they will be crunchy, or you can use a vegetable peeler or mandolin and cut them into thin slices, as you prefer.
2. A couple of medium-sized oranges, peel and remove the pulp leaving the harder edges of the slices. I cut above the container in which I prepare the salad so that the orange juice does not get anywhere.
3. 50 g of roasted cashews and a pinch of cumin seeds. Even if you have already roasted cashews, don't be too lazy to fry them in a hot, dry pan until nicely browned. At the end of cooking, add cumin. Remove from pan and cool.
4. Mix all the ingredients well and season with a couple of spoons of olive oil and a pinch of salt.

Notes

Tip, if you want to make the grilled salad in advance, mix carrots with orange, season with olive oil, and add cashews when serving. This will keep the nuts crunchy and not soggy.

---

linagamina
SKANAUS MAISTO UŽRAŠAI

Let's cook together!
More delicious discoveries
Instagram Facebook

© 2026 Lina gamina · linagamina.lt