

Salade de Carottes à l'Orange et aux Magrets Fumés



Serves 4 **Prep 15 mins**

Cooking 10 mins

Easy

Ingredients

6 carrots
2 tbsp olive oil
1 tsp ground cumin
3 oranges
1 pack sliced smoked duck
1/2 pack parsley

1. Wash and peel the carrots and cut them in little batons. Juice 2 oranges. In a hot wok, fry the carrots in the olive oil. Add the cumin. Cover and let it simmer on a low heat for a few minutes. Pour in the fresh orange juice.
2. Continue to simmer uncovered for 1 min (the carrots must remain crunchy). Transfer everything to a salad bowl and serve.
3. Peel the last orange and cut into segments. Add to the salad bowl as well as the slices of smoked duck. Sprinkle with parsley and serve.