



Shredded Carrot Salad with Caraway and Pistachios + Bratwursts and Greens

Serves 4

The shredding goes much faster if you have a food processor with a grating blade. Or you could use a bag of store bought shredded carrots here.

Caraway has a robust and distinctive flavor. If you're not a fan, swap in another spice. (See below for some ideas.)

When cooking meat, I like to wilt greens afterward to sweep up all the juices, so that's what I do here.

1 pound carrots (about 3 large or 8 small)
2 tablespoons apple cider vinegar
3 tablespoons extra-virgin olive oil, divided
½ teaspoon caraway seeds
½ teaspoon fine sea salt
¼ to ½ cup shelled pistachios (depending on your budget and love for this nut)
½ cup tender herb leaves, such as cilantro, chives, mint, parsley, or tarragon
1 pound bratwursts (4 links)
4 to 5 ounces baby greens that are good for wilting, such as baby kale, Swiss chard, or arugula

Make the salad

Trim the carrots, then shred using a food processor fit with a grating blade or by hand with a box grater. Transfer to a bowl.

Add the vinegar, 2 tablespoons of the oil, caraway seeds, and the sea salt, and toss, then taste. Add more salt, if you like.

Roughly chop the pistachios and herbs, add them to the bowl, and then toss.

Cook the bratwursts and greens, then serve

In a large skillet, heat the remaining 1 tablespoon olive oil over medium high heat. Have a lid nearby. Add the bratwursts and cook, turning occasionally, until browned all over, about 5 minutes. Reduce the heat to medium and add ¼ cup water to the skillet. (Careful, it might spatter a bit!)

Cover the sausages with the lid, let them steam, and cook through, about 5 minutes longer.

Uncover the sausages and transfer to a platter. Add the greens and cook, turning them, until wilted, about 2 minutes. Transfer to the platter. Serve the sausages and greens with the carrot salad.

The short version

- Shred the carrots and toss them with the vinegar, 2 tablespoons oil, the salt, and caraway seeds. Roughly chop the pistachios and herbs, add them in, and toss again.
- Brown, then steam the bratwursts. Transfer to a plate and cook the greens in all the lovely juices. Serve.

Fun for kids

- Toss the carrots with the dressing.
- More coordinated kids can help shred the carrots in the food processor or using a box grater.

Swaps

- Instead of carrots, you could use other firm, crisp, juicy vegetables that are good raw, such as beets or kohlrabi.
- Instead of apple cider vinegar, use any vinegar you love or try lemon juice or lime juice.
- Instead of olive oil, use a neutral oil or a toasted nut or seed oil.
- Instead of caraway seeds, try cumin seeds, fennel seeds, celery seed, dill seed, or smashed coriander seed. Each spice will change the flavor of the salad, but they will all be good!
- Instead of pistachios, try roasted chopped almonds or slivered almonds, roasted hazelnuts, or roasted, chopped walnuts.
- Instead of bratwursts, serve this salad with...really anything!

Bonus points

- To bring out the sweetness of the caraway and its more nuanced flavors, lightly toast the seeds in a small skillet for about 15 seconds over medium heat. Then transfer to a mortar and lightly smash.
- Make the salad with a mix of vegetables, including beets and kohlrabi.
- Toss the vinegar with some sliced or minced shallots and salt for a few minutes before adding the carrots.
- Bulk out the carrot salad by adding some cooked grains or beans. (Add more vinegar, oil, and salt as necessary.)
- Add some chopped fresh or dried chiles if you'd like a little heat.