Ingredients

* 2 cans lite coconut milk
* 8 limes, juice and zest
* 5 garlic cloves, smashed and minced
* 1 bunch parsley, finely chopped
* salt and pepper to taste
* 2 TBS cumin seeds
* 2 TBS cardamom seeds
* 2 TBS coriander seeds
* 2 TBS ground turmeric
* 1 TBS dry mustard
* 1 TSP salt
* 1 TSP cayenne
* 4 lbs raw carrots

Procedure

1. Smash garlic to remove the skin and mince with salt into a paste.
2. Zest and juice limes, combine with coconut milk and garlic in a bowl.
3. Remove parsley leaves from stems. Finely chop leaves and add to the coconut milk bowl.
4. Season with salt and pepper and set aside.
5. In a non stick skillet on low heat, toast the cumin, cardamom, and coriander until fragrant, about 1 minute. Add to a mortar and pestle with turmeric, mustard, salt and cayenne. Grind into a powder.
6. Chop carrots into sticks to serve raw with the coconut sauce and curry powder.