

Tandoori-roasted carrot & chickpea salad



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Preparation 30 mins | Cooking 30 mins | Serves 4

2 tbs tandoori paste
¼ cup Greek-style natural yoghurt
1 garlic clove, finely grated
⅓ cup lime or lemon juice
600g Dutch carrots, trimmed and peeled
400g can chickpeas, drained and rinsed
75g baby spinach leaves
⅓ cup pistachios, roughly chopped
Extra mint and coriander leaves, to serve

Mint & coriander raita:

1 cup mint leaves, finely chopped
1 cup coriander leaves, finely chopped
¾ cup Greek-style natural yoghurt
2 tbs lime juice
1 garlic clove, finely grated

STEP 1 Preheat oven to 200°C/180°C fan-forced. Combine tandoori paste, yoghurt, garlic and 2 tbs lime or lemon juice in small bowl.

STEP 2 Arrange carrots on a large roasting tray lined with baking paper. Brush carrots with the tandoori mixture to coat. Drizzle with remaining lime or lemon juice. Roast carrots, turning once, for 25-30 minutes until tender. Toss the chickpeas through in the last 5 minutes of cooking the carrots. Set aside to cool slightly.

STEP 3 Meanwhile, to make the mint & coriander raita, combine all ingredients in a bowl. Mix until well combined.

STEP 4 Arrange baby spinach on a platter. Top with carrots and chickpeas. Sprinkle with pistachios. Scatter with a few extra mint and coriander leaves. Serve with the mint & coriander raita.