

Carrot, iceberg lettuce & chickpea salad



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Preparation 20 mins | Cooking 5 mins + cooling time | Serves 4

- 1 tbs olive oil
- 1 tsp ground cumin
- 2 garlic cloves, finely chopped
- 400g chickpeas, drained and rinsed
- 1/3 cup currants
- 1 tbs honey
- 2 carrots, peeled and shredded (or grated)
- 1/2 small iceberg lettuce, shredded

Tahini & orange dressing

- 1/3 cup Greek style natural yoghurt
- 1 tbs tahini*
- 2 tbs orange juice

* Tahini is a creamy paste made from sesame seeds, it's available from some greengrocers and supermarkets.

STEP 1 Heat oil in a medium frying pan over medium heat. Add cumin, garlic, chickpeas, currants and honey. Cook, stirring often, for 4-5 minutes until chickpeas are warmed through. Set aside to cool for 20 minutes.

STEP 2 Place carrots, chickpeas and lettuce into a large bowl. To make dressing, whisk yoghurt, tahini and orange juice in a small bowl until well combined. Drizzle dressing over carrot mixture, gently toss and serve.

Good for you... CARROTS

The old saying that carrots help you see in the dark is due to their high content of beta carotene, which the body converts to vitamin A and uses for normal vision. A good source of vitamin C, one of the vitamins needed for the normal functioning of the immune system. Provide dietary fibre, whether raw or cooked. Dietary fibre helps keep the intestine healthy.

