

Carrot, rocket & spiced chickpea salad



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Preparation 20 mins + cooling time | Cooking 5 mins | Serves 4 as a side dish

Serve this healthy salad with barbecued chicken, fish or meat.

- 1 tbs olive oil
- 1 tsp ground cumin
- 2 garlic cloves, finely chopped
- 400g can chickpeas, drained and rinsed
- ¼ cup currants
- 1 tbs honey
- 2 carrots, peeled and shredded or grated
- ½ cup Greek-style natural yoghurt
- 1 tbs tahini*
- 2 tbs orange juice
- 50g baby rocket leaves

* Tahini is a creamy paste made from ground sesame seeds available from 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 Meanwhile, peel, shred or coarsely grate carrots. Place carrots and chickpeas into a large bowl. Combine yoghurt, tahini and orange juice in a bowl. Whisk until well combined. Drizzle yoghurt mixture over carrot mixture. Season with salt and pepper. Gently toss until well combined. Toss through rocket leaves and serve.

Good for you... CARROTS

Carrots are a top source of beta carotene (which the body converts to vitamin A). Just one carrot (120g) provides enough beta carotene for two days' recommended dietary intake of vitamin A.

