



MOROCCAN CARROT & CHICKPEA SALAD

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

Serves 2-4

Salad

- 5 medium carrots, grated
- 200g tin or jar of chickpeas, drained
- 4 spring onions, sliced
- 1 green chilli, deseeded and sliced
- small bunch of coriander, roughly chopped
- small bunch of dill, roughly chopped
- 3-5 tablespoon mixed seeds (pumpkin, sunflower, flax...) or pine nuts
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon cayenne pepper

Dressing

- 4 tablespoon extra virgin olive oil
- Juice of 1/2 lemon
- 1 or 2 tablespoon rose harissa
- 1 tablespoon honey
- 1/2 teaspoon sumac

PREP TIME

Prep time: 20mins

METHOD

- The carrots can easily be grated in a food processor with the grater attachment - or else by hand which requires slightly more effort.
- Add the grated carrots to a large salad bowl with the spring onions and chilli.
- For the dressing, in a glass jar add 3 tablespoon of olive oil, the lemon juice, harissa, honey and sumac and mix well.
- Season and adjust to taste with more harissa or lemon juice.
- Pour the dressing onto the carrots and stir to coat.
- Set aside and let the flavours soak in.
- Heat 1 tablespoon olive in a frying pan and add the chickpeas, ground coriander, ground cumin, cayenne pepper and cook for 3 minutes.
- Add the mixed seeds, stir and cook for another 1-2 minutes.
- Tip the spiced chickpeas onto the carrots.
- Add the fresh coriander and dill. Stir all the ingredients together and serve

For more recipes visit www.thehealthboost.co.uk