

Carrot and Chickpea Salad

Serves: 8

Prep time: 20 minutes

Cook time: 0 minutes



2 serves per portion

Ingredients

4 carrots, grated
400g can chickpeas, drained and rinsed
6 large Medjool dates, pitted and finely sliced
4 spring onions, finely chopped
½ cup fresh parsley, finely chopped
3 tablespoons olive oil
1 lemon or 2 limes, juiced
1 teaspoon cumin
½ teaspoon nutmeg
½ teaspoon turmeric
½ teaspoon cracked black pepper
½ cup pepitas or pistachios, de-shelled and roasted
100g reduced fat feta, crumbled

Method

ADD carrots, chickpeas, dates, spring onion and parsley to a bowl and toss to combine.
ADD olive oil, lemon or lime juice, cumin, nutmeg, turmeric and pepper to a jar with lid and shake to mix. Pour dressing over salad and toss to coat.
SPRINKLE feta and pepitas or pistachios over salad and gently mix.
SERVE immediately or cover and chill in the fridge for up to three days.



Everyday Food

Recipe courtesy of the Country Kitchens team