

## Marrakech Carrot Salad

**Serves:** 8

**Prep time:** 15 minutes

**Cook time:** 0 minutes



2 serves per portion

### Ingredients

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

### Method

COMBINE carrots, chickpeas, dates, spring onion and parsley in a bowl and toss together.  
ADD olive oil, 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 cheese into the salad and toss to combine.  
SERVE immediately or cover and chill in the fridge for up to three days.



Everyday Food

*Recipe courtesy of the Country Kitchens 2024 Country of Study Recipe Collection – Morocco*