

Carrot and Chickpea Salad for Two

Serves: 2

Prep time: 15 minutes

Cook time: 0 minutes



2 serves per portion

Ingredients

1 carrot, grated
125g can chickpeas, drained and rinsed
2 large Medjool dates, pitted and finely sliced
1 spring onion, finely chopped
1 tablespoon fresh parsley, finely chopped
1 tablespoon olive oil
1 tablespoon lemon juice
¼ teaspoon ground cumin
Pinch of ground nutmeg
Pinch of ground turmeric
Cracked black pepper, to taste
1 tablespoon pepitas, toasted
25g 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.
CRUMBLE feta cheese 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