

Moroccan Carrot Salad

Season: Winter

Serves: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: carrots, garlic, lemon, mint, parsley

Note: If using dried chickpeas, soak them in cold water overnight, drain and then simmer in plenty of fresh water for 1 hour.

Equipment:

large bowl, for soaking the chickpeas
colander
clean tea towel
chopping board
cook's knife
metric measuring scales and spoons
juicer
zester
roasting tin
mixing spoon
salad bowl

Ingredients:

2 bunches of baby carrots, tops removed, or 8 large carrots, cut lengthways into quarters
440 g dried chickpeas, cooked, or 2 x 400 g canned chickpeas, drained and rinsed
1 small handful of parsley, finely chopped
1 small handful of mint, finely chopped
2 garlic cloves, finely chopped
juice and zest of 1 lemon
2 tbsp olive oil
½ tsp cumin seeds
½ tsp za'atar
½ tsp salt
1–2 tsp harissa paste



What to do:

1. Preheat the oven to 200°C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Place the carrots in the roasting tin and cook for about 20–30 minutes, or until cooked through and golden brown.
4. Combine the chickpeas with the remaining ingredients in the salad bowl.
5. Add the roasted carrots and mix through.
6. Serve at room temperature.