



MOROCCAN CARROT & CHICKPEA SALAD

- 2 cups baby spinach leaves
- 2 medium/large carrots – spiralled or roughly grated
- ¼ red onion finely diced
- 1 cup chickpeas
- ¼ cup pistachio kernels or slivered almonds
- 1 orange peeled and cut into sections
- ½ cup raisins, cranberries or pitted dates chopped

Dressing:

- 1 orange peeled and quartered
 - 1 tablespoon extra virgin olive oil
 - 1 tablespoon apple cider vinegar
 - ½ teaspoon sea salt
 - ½ cup fresh coriander leaves
 - 3 tablespoons water to adjust consistency
- Preheat oven to 180°C

Serves 2

In a large bowl combine carrots, red onion, chickpeas, pistachio kernels or almonds, orange and raisins and thoroughly mix together with a spoon.

In a food processor or blender combine all dressing ingredients (except for coriander) and puree until smooth – add the coriander at the end and pulse a few times and set aside.

Plate up with the baby spinach leaves on bottom, then place on top the salad mixture and drizzle or toss with the dressing.

Note: Substitute coriander with mint, or mix the 2 together!
Serve with shredded lamb, or sliced cooked chicken breast.

Delicious!!