

**Season:** Winter

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

## Moroccan Carrot Salad

**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.