

Carrot and chickpea salad with sumac yoghurt

Takes 20 - 50 minutes, serves 2 as a main and uses a grater

INGREDIENTS

600g carrots, washed and grated

1 400g tin chickpeas

0.5 tablespoons olive oil

Small bunch of parsley, roughly chopped

Half a red onion, finely chopped

For the dressing:

150g yoghurt

1 tablespoon sumac

1 tablespoon tahini

0.5 lemon, juice only

2 tablespoons olive oil

1 tablespoon water (if needed to loosen the dressing)

Salt and pepper to season

Optional extras:

1 poached or boiled egg

50g crumbled feta

DIRECTIONS

If you are going to roast the chickpeas, preheat the oven to gas mark 5, 375°F, 191°C, 171°C fan. Drain the chickpeas and place on a baking tray with the 0.5 tablespoon of olive oil and mix. Put in the oven for 40 minutes, they should be nicely browned when done.

Meanwhile, grate the carrots into a large bowl. Add the red onion and parsley (I opt for generous amounts of parsley). Add the chickpeas once cooked.

In a bowl, mix all of the dressing ingredients, adding a little water if it's too thick. It should be just pourable, like thick cream.

Add any other ingredients such as feta, egg, tuna, dried apricots or goji berries to the salad and serve with the dressing drizzled over the top.

