COOKING PASSION SINCE 1877

Carrot and Parsnip Salad with Roasted Chickpeas

DIFFICULTY: EASY

PREPARATION TIME: 10 MINS

COOKING TIME: 30 MINS

SERVES: 6 TO 8

Ingredients

1 x 400g can chickpeas

¼ cup olive oil

½ tsps ground coriander

½ tsps ground cumin

½ tsps sumac

½ tsps salt

3 medium carrots

3 medium parsnips

Salt and pepper

120g baby spinach leaves

½ cup torn mint leaves

½ cup torn coriander leaves

Dressing

2 tbsps olive oil

2 tbsps tahini

2 tbsps lemon juice

1 tbsps water

Method

Preheat the oven on CircoTherm to 190°C and line the universal tray with baking paper.

Drain the chickpeas and rinse well. Spread in a single layer on paper towel and dry completely. Place the chickpeas into a bowl with half the olive oil and toss well to coat the chickpeas. Spread out onto prepared tray, so as the chickpeas are not too close together. Combine the coriander, cumin, sumac and salt and set aside until the chickpeas are roasted.

Peel and trim the ends of the carrots and parsnips and cut into quarters lengthwise. Line a separate tray with baking paper. Toss the vegetables with the remaining olive oil and place in a single layer on the prepared tray. Season well with salt and pepper.

Place the chickpeas on shelf position 1 and the vegetables on shelf position 3. Cook for 25 to 30 minutes or until the vegetables are cooked and the chickpeas are becoming crispy.

Sprinkle the reserved spices over the chickpeas when cooked. Arrange the spinach and the herb leaves onto a platter and place the carrots and parsnips on top. Place all the ingredients for the dressing into a jar and shake well to combine. Drizzle the salad with the dressing then top with roasted chickpeas.

2 tsps honey

1 tsp Dijon mustard

Salt and pepper to taste

Notes

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