

# once upon a chef

WITH JENN SEGAL

## Moroccan Carrot & Chickpea Salad

*With fragrant spices, bright colors and savory flavors, this exotic twist on the carrot-raisin salad is a feast for the senses.*

Servings: 6 (as a side dish)



### INGREDIENTS

#### FOR THE DRESSING

- ¼ cup extra virgin olive oil
- 1 teaspoon lemon zest and 3 tablespoons lemon juice, from one large lemon
- ¼ cup freshly squeezed orange juice, from one large orange
- 1½ tablespoons honey
- ¾ teaspoon salt
- 1 teaspoon ground cumin
- ½ teaspoon ground ginger
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground coriander
- ¼ teaspoon ground allspice
- ¼ teaspoon cayenne pepper

#### FOR THE SALAD

- 1 pound carrots, peeled and shredded
- ⅓ cup currants
- ½ cup slivered almonds, toasted (see note below)
- ½ cup chopped fresh mint or cilantro (or a combination), plus more for serving

1 (15-ounce) can chickpeas, rinsed and drained  
2 tablespoons finely minced shallots, from one large shallot  
1 garlic clove, minced

## INSTRUCTIONS

In a large bowl (large enough to mix the entire salad), whisk together all of the ingredients for the dressing.

To the dressing, add all of the ingredients for the salad and toss well. Cover with plastic wrap and refrigerate for at least 30 minutes or up to a few hours. Taste and adjust seasoning if necessary (you might need more salt, lemon or honey, depending on the sweetness of the carrots). Transfer to a serving dish and garnish with more fresh chopped herbs. Serve cold.

Note: To toast the almonds, preheat the oven to 350°F. Place the almonds on a foil-lined baking sheet for easy clean-up. Bake for about 5 minutes, until the almonds are golden.

## NUTRITION INFORMATION

Powered by *Edamam*

Per serving (6 servings)

Calories:	312
Fat:	15g
Saturated fat:	2g
Carbohydrates:	40g
Sugar:	19g
Fiber:	9g
Protein:	8g
Sodium:	522mg
Cholesterol:	0mg

GLUTEN-FREE ADAPTABLE NOTE

To the best of my knowledge, all of the ingredients used in this recipe are gluten-free *or widely available in gluten-free versions*. There is hidden gluten in many foods; if you're following a gluten-free diet or cooking for someone with gluten allergies, always read the labels of your ingredients to verify that they are gluten-free.

Copyright © Once Upon a Chef

<https://www.onceuponachef.com/recipes/moroccan-carrot-chickpea-salad-citrus-mint-almonds.html>