

MOROCCAN CARROT, RAISIN & QUINOA SALAD

Submitted by: Janice Malloy

Ingredients

serves two, easily multiplied

For the Quinoa:

1 cup (90g) quinoa, cooked according to package directions

1/2 tsp cumin

1/2 tsp ground coriander/cilantro

1/2 tsp smoked paprika

Pinch of allspice, ground ginger and cinnamon

Pinch of salt.

For the Salad:

2 large carrots, grated

1 cup of chickpeas, drained

1/4 cup raisins

1/4 cup sliced almonds (if you lightly toast these you'll have even more flavour!)

1/4 cup fresh parsley, finely chopped

For the Dressing: (optional but recommended)

Juice of 1/2 an orange

1 tbsp avocado oil

Salt and pepper, to taste



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Make your quinoa according to package directions. Once cooked, stir through your cumin, coriander, paprika, all spice, ginger, cinnamon and salt.

If you want a cold salad, chill your quinoa in the fridge until cold - or continue assembling your salad if you'd prefer a warm salad.

Add your cooked quinoa to a mixing bowl and stir in your carrots, chickpeas, raisins, almonds and parsley.

Whisk together your dressing ingredients and add your dressing to your quinoa mix, adding just enough to coat the salad.

Enjoy immediately or chill in the fridge to eat later.

This salad will keep in the fridge in an airtight container for 2-3 days.

