

Roasted carrot and red pepper salad

This delicious salad can be served on its own on a bed of salad leaves or as an accompaniment to some grilled halloumi or even flatbreads. Served on its own this recipe serves 3-4 people.

Salad ingredients

- 3 large carrots
- 2 red peppers
- 400g can of chickpeas
- 1 tsp cumin
- 1 tsp olive oil
- 2 tbsp each of freshly chopped mint, dill and parsley/
coriander

Dressing ingredients

- 1 tsp tahini
- 1 lemon (juice of)
- 1 tsp olive oil
- ½ tsp cumin
- ¼ tsp mixed spice

Pre-heat the oven to 220°C/Fan 200°C/ Gas 7.

Method

1. Bring a pan of lightly salted water to the boil. Peel and chop the carrots into 2cm chunks and boil for 15 minutes.
2. Drain the carrots and tip them into a large, lined roasting tin. Drizzle with the oil and season with salt, pepper and cumin then push to one side of the tin.
3. Cut the red peppers in half lengthways and remove the seeds. Lay the peppers in the other half of the roasting tin, cut side down.
4. Roast the carrots and peppers for 20 minutes until slightly coloured and charred.
5. Meanwhile combine the dressing ingredients in a small bowl and whisk together. Season with salt and pepper to taste.
6. Remove the carrots and peppers from the oven and transfer the peppers into a bag or covered bowl. Leave to steam for around 10-15 minutes until cool enough to handle.
7. Peel the skin from the peppers and slice the flesh into thin strips.
8. To assemble the salad put the carrots, pepper slices and chickpeas into a large bowl. Add the chopped herbs and dressing and mix together.

