

Less than 1 hour

Serves 2 (as a main)

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Ingredients

Salad:

- 800g-1kg carrots, washed
- 1 packet (200g) baby carrots (optional)
- 1 can (400g) chickpeas, rinsed and drained
- Glug olive oil
- 2 Tbsp (30ml) honey (optional)
- 2 Tbsp (30ml) lemon juice
- 1 tsp (5ml) cumin seeds
- 5 sprigs fresh thyme
- Salt and milled pepper
- 1 packet (100g) crimson leaf salad
- ½ packet (50g) raw almonds, roughly chopped and toasted

Hummus:

- 1 can (400g) chickpeas
- ½ tsp (3ml) ground cumin
- 2-3 Tbsp (30-45ml) full cream yoghurt or double-cream plain yoghurt
- 2 Tbsp (30ml) olive oil
- Salt and milled pepper
- Squeeze lemon juice

Method

1. Preheat oven to 200°C.
2. Halve or quarter large carrots, depending on their size.
3. Place carrots, baby carrots (if using) and chickpeas on a baking tray.

4. Drizzle with olive oil, honey and lemon juice, sprinkle with cumin seeds and thyme, season and toss to coat.
5. Roast for 20-25 minutes, until chickpeas are crispy and carrots start to caramelise.
6. Set aside to cool.
7. Blitz hummus ingredients using a stick blender or food processor, adding enough yoghurt to create a spreadable mixture.
8. Spread hummus on a platter and top with roasted carrots. (You can also dollop hummus on afterwards if you prefer.)
9. Top with crimson leaf salad and almonds just before serving.

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