RECIPE

Grated carrot and chickpea lunch bowl with cumin and lemon

A Moroccan-style grated carrot salad with chickpeas and bulgur, dressed in cumin, paprika, lemon and olive oil, a full lunch at about 515 mg sodium and 1.7 g saturated fat a serving, with no sugar added.

MAKES

4 servings US Metric

TOTAL

30 min

Ingredients

- [ ] 6 medium carrots, peeled and grated
- [ ] ¾ cup dry bulgur
- [ ] 1 ½ cups no-salt-added chickpeas, drained and rinsed
- [ ] 3 tbsp olive oil
- [ ] ¼ cup lemon juice
- [ ] 1 ½ tsp ground cumin
- [ ] 1 tsp paprika
- [ ] ½ tsp garlic powder
- [ ] ½ cup chopped fresh parsley
- [ ] ¾ tsp salt
- [ ] ½ tsp ground black pepper
- [ ] 1 ½ cups boiling water, to soak the bulgur

Method

1. Put the bulgur in a heatproof bowl. Pour the 1½ cups boiling water over it, cover, and leave 20 minutes, until the grains are tender and the water is gone. Drain off any left and fluff with a fork.
2. Warm the olive oil in a small pan over low heat for 1 minute. Take it off the heat, stir in the cumin, paprika, garlic powder and pepper, and let it sit 1 minute, until it smells toasty.
3. Pour the spiced oil over the warm bulgur and stir, so each grain takes some.
4. Add the grated carrots, chickpeas, lemon juice, parsley and salt. Toss well.

5 Leave 15 minutes so the carrot softens a little and takes up the lemon. Taste, and add a squeeze of lemon before any more salt. Eat at room temperature or cold.

6 Put leftovers in the fridge within 2 hours of making it. Keep it covered, and do not leave it out more than 2 hours (1 hour above 90 °F).