

nourish

Moroccan Chickpeas

1 large carrot, grated
1 cup green beans (fresh or frozen)
2 x 400g cans chickpeas (rinsed and drained)
½ cup sultanas
¼ cup mayonnaise or natural yogurt
1 teaspoon ground cumin
¼ cup fresh parsley, chopped
½ cup cashews, lightly toasted
1 tablespoon sweet chilli sauce (optional)
Salt, to taste

1. Cut green beans into 5cm lengths with diagonal cuts. Bring a pot of water to the boil and cook for 2 minutes. Drain immediately.
2. Assemble all ingredients in a bowl and mix well. Add salt to taste.

Notes

- Use other dried fruit in place of the sultanas such as currants, raisins or chopped dates