

## Carrot, spinach & chickpea salad with chicken

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Preparation 20 mins + cooling time | Cooking 45 mins | Serves 4

- 8 free-range chicken drumsticks
- Olive oil cooking spray
- 1 tbs olive oil
- 1 tsp ground cumin
- 2 garlic cloves, finely chopped
- 300g can chickpeas, drained and rinsed
- ¼ cup currants
- 2 tbs honey
- 2 carrots, peeled and shredded (or roughly grated)
- 50g baby spinach leaves

### **Yoghurt & orange dressing:**

- ⅓ cup Greek-style natural yoghurt
- 1 tbs tahini\*
- 2 tbs orange juice

\* *Tahini is a creamy paste made from ground sesame seeds available from supermarkets.*

**STEP 1** Preheat oven to 200°C/180°C fan-forced. Spray chicken with oil and season with salt and pepper. Place on a baking tray lined with baking paper and bake for 40-45 minutes until golden and just cooked through.

**STEP 2** Meanwhile, to make salad, heat oil in a medium frying pan over medium heat. Add cumin, garlic, chickpeas, currants and honey. Cook, stirring often, for 3-4 minutes until chickpeas are golden. Remove from heat and set aside to cool.

**STEP 3** Place carrots and cooled chickpea mixture into a large bowl. Toss through spinach. To make dressing, combine ingredients in a bowl. Set aside. Serve salad and chicken with the dressing.