



Roasted Carrot and Chickpeas with Olives, Figs, and Dill

Serves 4

Time: 30 to 40 mins

- 1 pound carrots, preferably small ones
- 1 small red or yellow onion
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- 4 tablespoons extra-virgin olive oil, divided
- Fine sea salt and freshly ground pepper
- 2 tablespoons fresh lemon juice
- 2 15.5-ounce cans chickpeas or 3 cups cooked chickpeas
- ¼ cup green olives, preferable pitted Castelvetrano olives
- 4 large dried figs
- ¼ cup torn or roughly chopped dill

Heat the oven and prep carrots and onion

Set a rack toward the bottom of the oven. Heat the oven to 425°F. Line a baking sheet with parchment paper.

If your carrots are large, cut them so you have pieces that are about 5 inches long and no more than $\frac{3}{4}$ inch wide.

Remove the stem end from the onion, then stand it on its flat side and cut it in half through the root end. Remove the papery skin.

Cut the onion through the root end into $\frac{1}{2}$ -inch-thick wedges.

Roast the carrots and onion

On the baking sheet, toss the carrots and onion wedges with the coriander, cumin, $\frac{1}{2}$ teaspoon salt, 2 tablespoons extra-virgin olive oil, and a few grinds of black pepper.

Roast on the bottom shelf of the oven for 20 minutes, until the carrots are nicely browned on the bottom. Give them a quick stir and roast for 5 minutes longer. Test to see how tender they are with a fork. If they're tender enough to your liking, allow them to cool for 5 minutes on the baking sheet. Otherwise, roast them for 5 minutes longer, then cool.

While the carrot and onion roast, prep the salad

Drain the chickpeas of any liquid and put them in a bowl. Toss them with $\frac{1}{2}$ teaspoon salt and 1 tablespoon fresh lemon juice.

Pit the olives if needed, then thinly slice or roughly chop. Add the olives to the chickpeas.

Remove the stems from the figs and thinly slice the figs. Add to the chickpeas.

Add the carrots and roasted onions to the chickpeas and toss.

Add the remaining 2 tablespoons of olive oil and the dill to the salad and gently toss everything together.

Taste and season with a bit more salt, if desired.

Serve warm or at room temperature.

Note: This salad also makes an excellent lunch the next day. Refrigerate in an airtight container and bring to room temperature before serving.

The short version

- Set a rack toward the bottom of the oven. Heat the oven to 425°F. Line a baking sheet with parchment paper.
- Cut any large carrots into 5-inch lengths that are no more than ¾-inch-thick.
- Cut your onion into ½-inch wedges.
- On the baking sheet, toss the onion and carrot with the coriander, cumin, ½ teaspoon salt, 2 tablespoons extra-virgin olive oil, and a few grinds of black pepper.
- Roast the carrots and onion for 20 minutes, give them a quick stir and roast for 5 to 10 minutes longer, until tender. Toss with 1 tablespoon lemon juice
- Drain the chickpeas and toss with ½ teaspoon salt and 1 tablespoon lemon juice. Add pitted, roughly chopped olives and sliced figs to the chickpeas and toss.
- When the carrots are cool, add the carrots and onions and 2 tablespoons of olive oil and the dill to the salad and gently toss everything together. Taste and season again and serve.

Fun for kids

- Toss the carrots and onion with spices, olive oil, and salt.
- Toss the chickpeas with the lemon juice and salt.
- Add all the other ingredients to the salad and toss.

Swaps

- If you don't want to use the onion, leave it out.
- Instead of coriander and cumin, you can play around with other warm spices, such as ground ginger or paprika, or blends, like baharat.
- Instead of lemon juice, try sherry vinegar or white wine vinegar.
- Instead of green olives, try black olives or skip them.
- Instead of dried figs, try sliced dried apricots.
- Instead of dill, try chopped cilantro or mint.

Bonus points

- Add ½ teaspoon smoked paprika to the spices.
- Add multiple herbs.
- Add toasted pumpkin seeds for a little crunch.
- Sprinkle with feta.