

Carrot Salad with **Sardine Flakes Délices de Carthage**



2 people

15 min preparation time

10 min cooking time

All ingredients

- 2 tins of 80g of** Flaked Sardine Carthage Delight
- 4** new carrots
- A handful** of crushed almonds (15g)
- A few** pomegranate seeds (20g)
- 40g** cooked chickpeas
- 60g** rocket salad
- A few leaves of** coriander or flat-leaf parsley

Steps

- 1- Using a vegetable peeler, cut the carrots into tagliatelle
- 2- Cook the carrots in boiling salted water for around ten minutes, checking with the tip of a knife
- 3- Drain the carrots and mix with the Flaked Sardine Carthage Delight
- 4- Add the almonds, chickpeas, pomegranate seeds and rocket and mix well
- 5- Chill for at least 1 hour
- 6- Sprinkle with chopped coriander or chopped parsley and serve