

# Tunisian Trio Salad Plate

A vibrant Tunisian trio salad featuring a refreshing mix of spicy tomato salad, tangy carrot salad, and creamy chickpea salad, offering a perfect balance of flavors and textures.



Salad

Tunisian

**15 min**

Total time

**Easy**

Difficulty

**320**

kcal / serving

## Ingredients

- For Spicy Tomato Salad:
  - 2 medium ripe tomatoes, diced
  - 1 small garlic clove, minced
  - 1 tsp harissa paste
  - 1 tbsp olive oil
  - Salt and pepper to taste
- For Tangy Carrot Salad:
  - 1 medium carrot, grated
  - 1 tsp lemon juice
  - 1 tsp olive oil
  - 1 tbsp chopped fresh parsley
  - Salt to taste
- For Creamy Chickpea Salad:
  - 1/2 cup cooked chickpeas
  - 1 tbsp plain yogurt
  - 1/2 tsp ground cumin
  - 1 tsp lemon juice
  - Salt and pepper to taste

## Steps

- 1 Prepare the Spicy Tomato Salad: In a bowl, combine diced tomatoes, minced garlic, harissa paste, olive oil, salt, and pepper. Mix well and set aside.
- 2 Prepare the Tangy Carrot Salad: In another bowl, mix grated carrot, lemon juice, olive oil, chopped parsley, and salt. Stir to combine and set aside.
- 3 Prepare the Creamy Chickpea Salad: In a small bowl, mash chickpeas slightly with a fork. Add yogurt, ground cumin, lemon juice, salt, and pepper. Mix until creamy.
- 4 Arrange the three salads side by side on a plate.
- 5 Optionally, garnish with a drizzle of olive oil and a sprig of parsley before serving.