

Chickpea salad

Makes 4 servings



Ingredients (allergens in bold)

- 400g can chickpeas – drained and rinsed
- 1 large carrot – peeled and coarsely grated
- 4 spring onions – sliced
- ½ cucumber – diced
- ½ red pepper – de-seeded and diced

For the dressing:

- 2 tablespoons vegetable oil
- juice of 1 lemon
- ¼ teaspoon ground cumin
- ¼ teaspoon chilli flakes
- ¼ teaspoon **Worcestershire sauce**
- ground black pepper

Method

1. In a measuring jug thoroughly mix all the dressing ingredients.
2. Put all the prepared salad ingredients into a mixing bowl and then pour the dressing over them.



Equipment

- colander
- mixing bowl
- sharp knife
- chopping board
- peeler
- grater
- lemon squeezer
- teaspoon
- tablespoon
- measuring jug

Recipe notes and tips

- Refrigerate the salad for 30 minutes before serving. This will help develop the flavours.
- Use rapeseed oil in the salad dressing as it tastes good, has half the saturated fat of olive oil and lots of beneficial omega fatty acids.
- If you use chickpeas regularly, it may be more economical to buy them dried. Pre-cook a batch before making the salad and any extra can be frozen.
- Store cooked chickpeas covered in the refrigerator for up to three days.
- Cooked and cooled chickpeas can be frozen in an airtight container for about a month.