



Chickpea Salad

Serving: 1

Veg

Ingredients

- -Boiled Chickpeas - 30g
- -Onion - 1 small
- -Tomatoes - 2 small
- -Fresh red chilies , deseeded - 1 no.
- -Fresh mint , chopped - 1-2 tbsp
- -Salt and freshly ground black pepper - to taste
- -Olive oil - $\frac{1}{4}$ tsp
- -Lemon juice - $\frac{1}{2}$ tbsp
- 1/2 cup veggies your choice

Preparation Method

- -First of all, finely slice your red onion , chilies then tomatoes, mixing them all with veggies
- -Scrape all of this into a bowl and dress with the juice of lemon and good olive oil. Season to taste. Add chickpeas Mix well
- -Just as you're ready to serve, give the salad a final dress with the fresh mint and basil. Taste one last time for seasoning you may want to add the juice from your
- remaining lemon half at this point. Place on a nice serving dish .