



Italian Style Chickpea Salad (HS)

Serving: 1

Veg

Ingredients

- Serves 1
- -3 tbsp boiled chickpeas
- - $\frac{1}{4}$ cup lettuce
- -2 tbsp chopped tomatoes
- - half green capsicum chopped
- -2 tbsp chopped parsley
- - $\frac{1}{4}$ tsp dry mustard
- - $\frac{1}{4}$ tsp dry thyme
- - $\frac{1}{2}$ tsp chopped garlic
- - Salt & pepper powder to taste
- - $\frac{1}{2}$ tsp apple cider vinegar
- - $\frac{1}{4}$ tsp olive oil

Preparation Method

- 1. Combine the olive, apple cider vinegar, garlic and dry mustard in a small jar and season well with a pinch of salt and freshly ground black pepper. Shake the dressing well.
- 2. Place the boiled chickpeas in a bowl and pour the prepared dressing on the chickpeas to marinate for 30 minutes and reserve the rest for the later.
- 3. Mix remaining the ingredients in a serving bowl and toss well, add the marinated chickpeas and remaining reserved dressing and toss well.
- 4. Serve the salad cold.