



Marinated Chickpea Italian Salad (HS)

Serving: 1

Veg

Ingredients

- - Chickpea (boiled) - 30 grms
- - Romaine Lettuce - 20 grms
- - Tomato -20 grms
- - Dry mustard - $\frac{1}{4}$ tsp
- - Dry thyme - $\frac{1}{4}$ tsp
- - Feta cheese (crumbled) -10 grms
- -garlic chopped - $\frac{1}{2}$ tsp
- - Dry Oregano -1tsp
- -Salt and pepper -to taste
- - Apple cider Vinegar - $\frac{1}{2}$ tsp
- - Olive oil $\frac{1}{4}$ tsp

Preparation Method

- - Combine the olive,apple cider vinegar ,garlic and dry mustard in a small jar and season with a pinch of salt and freshly ground black pepper shake the dressing well.
- - Place the chick pea in a bowl and pour the dressing on the chick peas to marinate for 30 minutes and reserve the rest for later.
- - Add the chopped lettuce to a large bowl.
- -Chopped the tomato in to bite size pieces , add to the lettuce to a large bowl
- -Add the chick peas in the dressing to the lettuce mixture then pour about half of the reserved dressing over the lettuces toss to coat