

CHICKPEA SALAD WITH SUMAC ONIONS

INGREDIENTS

1 x 14oz can of precooked chickpea / garbanzo beans
1tsp/5ml ground sumac
1tsp/5ml ground cumin
½ medium red onion, halved and thinly sliced
10 cherry tomatoes, quartered
3 spring onions/scallions, finely chopped
1 red bell pepper, deseeded and finely chopped
40g spinach leaves, washed and roughly chopped

For the dressing:

30ml/2tbsp extra virgin olive oil
½ juice of lemon
Salt and freshly ground black pepper to taste
Sprinkle of extra sumac to serve
Flatbread or pita bread to serve

METHOD

Step 1

In a mixing bowl, rub a pinch of salt and ground sumac into the onion slices with your hands really well. This will soften the onions and make them more palatable, will also help infuse tangy sumac to the onion slices.

Step 2

Place the precooked chickpeas or garbanzo beans on a colander, drain its liquid and rinse over running water. Combine the chickpeas with the onions in the mixing bowl. Stir in the ground cumin and season with salt to your taste, mix well.

Step 3

Stir in the chopped tomatoes, peppers, spring onion and spinach into the bowl and combine well with the chickpeas and onion mixture.

Step 4

For the dressing; combine the extra virgin olive oil and lemon juice in a small container. Season with salt and freshly ground pepper to your taste.

Step 5

Pour in the seasoning over the salad and combine well. Transfer the salad into a serving plate. Serve with an extra pinch of ground sumac sprinkled over, if you like, with plenty flat breads or pita bread by the side, to mop up the delicious juices.

THE COOKERY

by The Secret Jozi Chef