

Crispy Chickpea Salad with avocado and crumbled Greek style cheese

Veggie 30 – 35 mins



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Before you start

Our fruit, veg and herbs need a wash before you use them! We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, sieve

Ingredients

	2P	4P
Chickpeas	1 pack	2 packs
Paprika	1 sachet	2 sachets
Onion	1 unit	2 units
Bell Pepper	½ unit	1 unit
Lemon	½ unit	1 unit
Coriander	5 g	10 g
Sweetcorn	1 pack	2 packs
Ground Cumin	1 sachet	2 sachets
Greek Style Cheese	100 g	200 g
Avocado	1 unit	2 units
Salad Leaves	120 g	240 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	592 g	100 g
Energy (kJ/kcal)	2662 kJ/ 636 kcal	450 kJ/ 107 kcal
Fat (g)	34.8 g	5.9 g
Sat. Fat (g)	12.6 g	2.1 g
Carbohydrate (g)	48.8 g	8.2 g
Sugars (g)	12.9 g	2.2 g
Protein (g)	24.5 g	4.1 g
Salt (g)	2.5 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

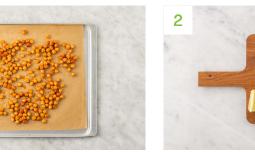
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Make the Dressing

- To make your dressing, mix 2 tbsp oil (double for 4p) with the remaining paprika and cumin in a salad bowl.
- Squeeze in the juice of one lemon wedge (double for 4p).
- Season to taste with **salt** and **pepper**.
- Mix well to combine.



Bake the Chickpeas

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Drain and rinse the chickpeas in a sieve.
- On a lined baking tray, toss the **chickpeas** with a drizzle of oil, half the paprika and a pinch of salt.
- Spread out in a single layer.

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• Bake until the **chickpeas** are crispy, 20-25 mins.



Prep the Veg

- Meanwhile, halve, peel and finely chop the **onion**.
- Halve the **bell pepper** and discard the core and seeds. Chop **half** into thin strips (double for 4p).
- Quarter the lemon.
- Roughly chop the **coriander** (stalks and all).
- Drain the sweetcorn in a sieve.



Time to Fru

- Place a pan over high heat with a drizzle of **oil**.
- Once hot, fry the **onion** and sliced **pepper** until starting to brown, 3-4 mins.
- Add the drained corn and half the cumin.
- Cook until starting to char, 2-3 mins.
- Transfer to a plate to allow to cool. Remove the pan from the heat.



Assemble the Salad

- Crumble the Greek style cheese.
- Trim the **salad leaves**, halve lengthways and thinly slice widthways.
- Halve the **avocado** and remove the pit. Use a tablespoon to scoop out the flesh. Chop into small cubes.
- Add the chickpeas, salad leaves, half the avocado, half the cheese and half the coriander to the bowl with the dressing.
- Toss together until everything is evenly distributed.



Finish and Serve

- · Adjust the seasoning with lemon juice, salt and pepper—all to taste.
- Divide the salad between bowls.
- Spoon over the charred **pepper**, **onion** and **corn**.
- Sprinkle over the remaining **avocado**, coriander and cheese.





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