



Crispy Chickpea Salad

with avocado and Greek style cheese

Veggie 30-35 mins

7



Chickpeas



Paprika



Onion



Bell Pepper



Lime



Coriander



Canned Corn



Ground Cumin



Greek Style Cheese



Avocado



Rocket

Pantry Items: Salt, Pepper, Oil, Water

Before you start

Our fruit, veg and herbs need a wash before you use them!

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	½ unit	1 unit
Bell Pepper	½ unit	1 unit
Lime	½ unit	1 unit
Coriander	5 g	10 g
Canned Corn	1 pack	2 packs
Ground Cumin	1 sachet	2 sachets
Greek Style Cheese	100 g	200 g
Avocado	1 unit	2 units
Rocket	40 g	80 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	538.5 g	100 g
Energy (kJ/kcal)	2603.5 kJ/ 622.3 kcal	483.5 kJ/ 115.6 kcal
Fat (g)	34.5 g	6.4 g
Sat. Fat (g)	12.6 g	2.3 g
Carbohydrate (g)	45.5 g	8.4 g
Sugars (g)	11 g	2 g
Protein (g)	24.4 g	4.5 g
Salt (g)	2.5 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe.

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.

Contact

Thumbs up or thumbs down?
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Bake the Chickpeas

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Drain and rinse the **chickpeas**.
- Arrange on a lined baking tray and toss in a drizzle of **oil**, half the **paprika**, and **salt**.
- Bake for 20-25 mins until the **chickpeas** become crispy.



Get Prepped

- Halve and peel the **onion**. Finely chop half (double for 4p).
- Chop half the **pepper** into strips (double for 4p).
- Cut the **lime** into quarters.
- Roughly chop the **coriander**.
- Drain the **corn**.



Fry the Veg

- Place a medium pan over high heat with a drizzle of **oil**.
- Once hot, brown the **onion** and **pepper** for 3-4 mins.
- Add the drained **corn** and half the **ground cumin** and fry for 2-3 mins.
- Reserve and cool on a plate.



Make the Dressing

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



Assemble the Salad

- Crumble the **Greek style cheese**.
- Halve the **avocado** and remove the pit. Use a tablespoon to scoop out the flesh. Chop into small cubes.
- Add the **chickpeas**, **rocket**, half the **avocado**, half the **cheese** and half the **coriander** to the bowl with the dressing.
- Mix well.



Finish and Serve

- Adjust the seasoning with **lime** juice, **salt** and **pepper** to taste.
- Divide the **salad** between bowls.
- Spoon over the fried **pepper** and **onion**.
- Sprinkle over the remaining **cheese**, **coriander**, and **avocado**.

Enjoy!