



Chickpea, Tomato & Basil Salad

Serves 8

SUMMARY

This is a colourful salad to serve. Chickpeas are high in protein and are complimented by delicious tomatoes and fresh basil.

INGREDIENTS

400g Drained Chickpeas
40g Red Onion
75g Cherry or Plum Tomatoes
(Try Jim Shanks tomatoes from Standhill Farm)
50g Red Pepper
10 Basil Leaves
25g Coriander



DRESSING

10ml Balsamic Vinegar
30ml Oil

METHOD

1. Rinse the chickpeas in a colander with cold water and drain.
2. Slice the red onion into small pieces, dice the red pepper and the tomato.
3. In a large bowl add the chickpeas, red onion, red pepper, tomato.
4. Rip the basil leaves and chop the coriander and add to the mix.
5. Make the dressing by mixing the oil and balsamic vinegar together and add to the mixture in the bowl and mix well.

