

chickpea burghul and parsley salad x 2 (except chickpeas)
from the garden

~~2 green chillies finely chopped~~ $\frac{1}{2}$ red chilli

1 large handful parsley roughly chopped

1 garlic clove crushed

8 spring onions

From the pantry

3 tablespoons lemon juice

3 tablespoons olive oil

Sea salt

Freshly ground black pepper

200g coarse burghul

400g tin rinsed chickpeas

~~2 teaspoons pomegranate molasses~~

****if no molasses substitute with 1 teaspoon brown sugar

Method

Place the burghul in a bowl, cover with hot water and leave to stand for 15 minutes.

Drain the burghul pressing out as much water as possible

Place burghul, chickpeas, chilli, spring onion, and parsley together in a bowl and mix through.

Cover with plastic wrap and refrigerate

Stir together the garlic, lemon juice, pomegranate molasses, remaining olive oil and salt and pepper to make a dressing.

Drizzle the dressing over the ~~lamb~~ salad.