

## MARINATED CHICKPEA SALAD (autumn)

### FROM THE GARDEN

1 BUTTERNUT PUMPKIN  
5 MEDIUM TOMATOES  
1 CLOVE GARLIC  
½ BUNCH PARSLEY  
2 LEMONS  
BUNCH SILVERBEET  
1 RED ONION

### FROM THE PANTRY

OLIVE OIL  
SEA SALT  
PEPPER

### FROM THE CUPBOARD

CHOPPING BOARDS  
KNIVES  
LARGE SAUCEPAN  
STRAINER  
WHISK  
SMALL BOWL  
JUICER  
GARLIC CRUSHER

1. SOAK 400G OF CHICKPEAS OVERNIGHT THEN DRAIN THE FOLLOWING DAY.
  2. PLACE IN A LARGE PAN WITH A LID BOILS UP FOR ABOUT 20 MINUTES OR UNTIL SOFT.
  3. PEEL AND SLICE PUMPKIN INTO SMALL CUBES, ADD 1 TABLESPOON OF OLIVE OIL AND A SPRINKLE OF SEA SALT PLACE IN A 200 DEGREE OVEN TILL PUMPKIN IS SOFT AND TURNING CRISP. SET ASIDE.
  4. FOR THE DRESSING IN A SMALL BOWL COMBINE ½ CUP OF LEMON JUICE, 1 CRUSHED GARLIC CLOVE, 1/2 CUP CHOPPED PARSLEY, 2 TABLESPOONS OF OLIVE OIL AND CRACKED PEPPER AND SEA SALT. WHISK MIXTURE TOGETHER AND POUR OVER CHICKPEAS, ALLOW MARINATING FOR 30 MINUTES.
  - 5...WASH AND SHRED THE SILVERBEET.
  6. FINELY SLICE THE RED ONION,
  7. CUT THE TOMATOES INTO QUARTERS.
- ADD ALL OF THE ABOVE TO YOUR CHICKPEAS AND ALSO YOUR PUMPKIN TOSS LIGHTLY THEN SERVE ON A LARGE PLATTER. SCATTER PARMESAN SHAVINGS OVER.