

Week 1
recipes

Spring chickpea salad

The idea with this salad is to use the chickpeas as the base and add spring greens such as snow peas, broccoli shoots, asparagus, broad beans, whatever you have fresh at hand.

Ingredients

2 cloves of garlic
2 Spanish onions
1 small dried chilli
1 ½ teaspoons smoked Spanish paprika
¼ teaspoon cayenne pepper
1 cup freshly squeezed orange juice
¼ cup lemon juice
400g chickpeas soaked, cooked and drained
1 bunch of mint
1 handful of rocket
2 medium heads of broccoli
¼ teaspoon saffron threads

Equipment; chopping boards, disposable gloves
knives, juicer, saucepan, strainer,
tea towel/ salad spinner, platter

1. Soak chickpeas overnight then place in saucepan bring to the boil, cook until soft.
@@ Remove from the heat drain and set aside.
2. Place gloves on take your chilli, slit it down the centre throw seeds in the bin, and chop your chilli very finely, place chopped chilli in the frypan (wash board, and knife and remove gloves to bin).
3. Add to chillies in the pan, ¼ cup olive oil, garlic, onions and stir over a medium heat For 3 minutes or until onions are soft. Add paprika, oregano, saffron and cayenne, stir for 2 minutes.
4. Add orange and lemon juice to the pan and bring to the boil. Remove from the heat and cool slightly.
5. Fill a saucepan with warm water, bring to the boil, @@ place small broccoli florets into the pan, boil quickly until tender, @@ take pan off heat and pour water into strainer on the sink.
6. Wash mint and parsley dry then chop finely, set aside.
7. Place chickpeas into salad bowl, add broccoli, mint and any other greens, toss dressing through and serve.