

Chop Chop Salad.

Chop the following vegetables into similar size pieces.

cherry tomatoes 12

cucumber 2

beans handful

celery 3 stalks

then chop the
hard boiled eggs (4)

then finely chop
the chives

the basil

the red onion / the sweetcorn.

the jalapenos

Add 1 tin drained chickpeas.

Dressing

Mix the following ingredients in a jar.

1 tablespoon dijon mustard.

6 tablespoons olive oil.

1 tablespoon honey

3 tablespoons red wine vinegar.

Pour dressing over the chop chop
salad, sprinkle with pumpkin seeds.