

TOASTED CHICKPEA SALAD

- 700g chickpeas
- 3 tomatoes
- 2 lemons
- 150g feta
- ½ cup olive oil
- 1 med bunch spring onion
- 1 sm bunch mint
- 1 sm bunch coriander
- sea salt and ground pepper

dry goods | toasted c. pea
5 kilos dry | f + v.
chickpeas | 2 lemons
2 litres olive oil. | 3 knobs
3 kilos feta | garlic
5 bunches sp
onions
5 bunches
mint
5 bunches
coriander
5 b.n pumpkin
30 carrots

1. finely slice spring onion and place in a bowl
2. chop up tomatoes and add to bowl
3. juice lemons also add to bowl
4. pour olive oil over ingredients in bowl and mix. Add salt and pepper
5. heat chickpeas in a pan with a little olive oil and toast until slightly golden
7. add chickpeas to bowl and mix well covering chickpeas in oil and juice. Cover to keep warm.
8. wash mint and coriander leaves then tear leaves off stems and add to bowl
9. serve salad between two bowls and crumble feta over the top