



Cold Salad with Roasted Chickpeas and Pine Nuts

1 hour 10 minutes
Hands on

1
Portion(s)

1
Difficulty



Ingredients

- 300 g chickpeas, boiled
- 1 table spoon olive oil
- ½ teaspoon ground cumin
- ½ teaspoon smoked paprika
- ½ teaspoon turmeric
- ½ bunch parsley, finely chopped
- 35 g pine nuts
- 30 g red horn pepper (Florinis), cut in to 1 cm cubes
- 2 spring onions, finely chopped
- 50 g black olives, pitted
- 50 g capers
- salt
- pepper

For aromatic dressing

- 2 tablespoons olive oil
- 1 clove of garlic
- juice from 1 lemon
- 1 tablespoon apple cider vinegar
- 1 tablespoon maple syrup
- ¼ bunch fresh coriander, finely chopped
- ¼ bunch mint, finely chopped

Method

- Preheat oven to 180* C (350* F) Fan.
- Line a 20x30 cm baking pan with parchment paper and set aside until needed.
- Combine the chickpeas, olive oil, cumin, paprika, turmeric, salt and pepper in a bowl.
- Transfer to baking pan and spread evenly.
- Bake for 1 hour covered with foil.
- When ready, remove from oven and set aside to cool.
- Prepare the aromatic dressing.
- Beat all of the ingredients for the dressing in a food processor until completely combined.
- When the chickpea mixture has cooled, transfer to a bowl.
- Add the parsley, pine nuts, red pepper, spring onions, olives and capers. Mix.
- Drizzle with aromatic dressing and toss.
- Season to taste and serve.

Διατροφικός πίνακας

Nutrition information per portion

574 Calories (kcal)	41.0 Total Fat (g)	4.6 Saturated Fat (g)	31.9 Total Carbs (g)
29%	58%	23%	12%
8.6 Sugars (g)	15.2 Protein (g)	9.4 Fibre (g)	3.5 Sodium (g)
10%	30%	38%	58%