



Recipe Category / Salads

Chickpea salad

10'

Hands on

20'

Cook Time

4-6

Portion(s)

1

Difficulty



Method

- In a **pot** filled with boiling water, add the chickpeas and boil them for 20 minutes.
- Strain them and rinse with cold water.
- **Cut** the cucumber into small cubes and place them in a **bowl**.
- Cut the cherry tomatoes and place them in the bowl.
- Add the caper, spring onions, chili (finely chopped), lemon juice, honey, olive oil, mint (finely chopped), basil (finely chopped), salt and pepper.
- Add the cold chickpeas and mix well.
- Crumble the feta cheese. Add the mint, basil, pepper, olive oil and serve.

Ingredients

- 600 g chickpeas, frozen
- ½ cucumber
- 200 g cherry tomatoes
- 1 tablespoon caper
- 2 spring onions
- 1 chili pepper
- juice from 1 lemon
- 1 tablespoon honey
- 3-4 tablespoons olive oil
- mint leaves
- basil leaves
- salt
- pepper

To serve

- 100 g feta cheese
- mint leaves
- basil leaves
- pepper
- 1 tablespoon olive oil

Διατροφικός πίνακας

Nutrition information per portion

429 Calories (kcal)	14.0 Total Fat (g)	1.7 Saturated Fat (g)	50.0 Total Carbs (g)
21%	20%	9%	19%
7.4 Sugars (g)	24.0 Protein (g)	1.0 Fibre (g)	0.61 Sodium (g)
8%	48%	4%	10%