



**GET TOGETHERS**  
Bringing people together through food

# Chickpea salad

This easy, no-cook recipe is great for a healthy snack or in a lunchbox, buffet or picnic. This salad can be eaten as an accompaniment to samosas or vegetable kebabs.

Skill: ★★★ Cost: £££ Equipment: ★★★

## Store-wise:

Cover and keep in the fridge for up to 3 days. Cooked and cooled chickpeas can be frozen in an airtight container for about a month.

## Portion-wise

This recipe makes 2 adult portions as a main meal.\*

## Equipment

- sieve or colander
- mixing bowl
- sharp knife
- chopping board
- lemon squeezer
- teaspoon
- tablespoon
- measuring jug

## Ingredients

- 1 x 400g can chickpeas – drained and rinsed
- 1 garlic clove – peeled and crushed
- 4 spring onions – sliced
- 1/2 cucumber – diced
- 1/2 red pepper – de-seeded and diced

## For the dressing:

- 2 tablespoon olive or rapeseed oil
- Zest and juice of 1 lemon
- 1/4 teaspoon ground cumin
- 1/4 teaspoon chilli flakes
- 1/2 teaspoon **Worcestershire sauce**
- Ground black pepper

## How to make it

1. In a measuring jug thoroughly mix all dressing ingredients.
2. Put all the prepared salad ingredients into a mixing bowl and then pour the dressing over them. Mix gently to combine everything together.
3. Refrigerate the salad for 30 minutes before serving. This will help develop the flavours.

**Allergy-aware**  
This recipe contains  
Fish (Worcestershire  
sauce)

\*For 1 to 4 year-olds: The recipe would be a suitable snack for a 1 to 4 year old when about 35g could be served. Or serve 150g as a main course with 40g broccoli. For 7-12 months: About 100g, served with 30g broccoli

## Serving ideas

- Serve the salad alongside samosas or with barbequed kebabs.

## Eat well

- This recipe is suitable for dairy-free and egg-free diets. If served without the Worcestershire sauce (it contains anchovy) it is also suitable for vegetarian and vegan diets.
- This recipe is a good source of protein and fibre as the chickpeas provide both.
- The salad dressing can be made with either olive or rapeseed oil. They are both good choices for heart health as low in saturated fats and high in mon-unsaturated fat. Rapeseed oil can be a useful substitute for olive oil as it is less expensive and is a good cooking oil for using in other recipes.
- The recipe is suitable for all the family and can be served with leafy green, tomato and pepper salads and accompanied with couscous, rice or a selection of breads to increase the energy for active and growing teenagers.
  - ✓ for babies 7-12 months: chop or mince the salad to the desired consistency. Serve with vegetable florets as a finger food.
  - ✓ for older people who may have difficulty chewing: this consistency of this recipe can be adapted to be soft by blending or mashing until it is a smoother texture. It is a good source of protein and fibre both essential for older people who may have a poor appetite. The recipe can be also be adapted to increase the energy content by adding some extra oil to the dressing. Additional spices and herbs can also be added to enhance the flavour.

## Shopping

- If you use chickpeas regularly, it may be more economical to buy them dried. Pre-cook a batch before making the salad and any extra can be frozen.
- You can use frozen peppers in this recipe. Allow them to defrost before adding them whole in slices or chopping them up.
- Use any spices from your store cupboard.

## Cooking Together

- Involve younger children and older people in squeezing lemon, chopping spring onions using a jug and a pair of scissors, weighing and measuring, seasoning and tasting, and presenting and serving.

- This recipe is easy to scale up for serving at a food event or family gathering.

## Sustainability – good for you, good for the planet

- Don't throw away the water from canned chickpeas, which is called aquafaba. It has similar properties to egg whites and whisks up well for making meringues, marshmallow, mousses and some cakes.