

## Divya Sharma's Roasted Chickpea Salad VG

Serves 4

### Ingredients

- 2 x 400g (14oz) cans of chickpeas, rinsed and drained.
- 2 tablespoons olive oil
- 3 teaspoons sumac
- 2 teaspoons smoked paprika
- 1 teaspoon salt
- 6 large garlic cloves, unpeeled
- 4 tablespoons extra-virgin olive oil
- 4 tablespoons lemon juice
- 300g (10oz) cherry tomatoes, halved
- 1 cucumber, coarsely chopped
- 5 spring onions, finely chopped
- Pomegranate seeds to garnish

Energy 377kcal/1557 kJ

Protein 9.9g

Fat 23.8g

Sat. Fat 4.1g

Carbohydrate 34.3g

Fibre 9.5g

### Method

- Position a rack in the centre of the oven and preheat the oven to 200 degrees Celsius/gas mark 6/ 400 degrees Fahrenheit. Line a large baking sheet with parchment paper.
- Toss the chickpeas with the olive oil. 1 teaspoon of the sumac, the paprika and a pinch of the salt. Season with pepper.
- Wrap the garlic gloves in a small sheet of foil and place on the same baking sheet. Roast, stirring the chickpeas halfway through the cooking time, for 25-30minutes or until crisp and golden brown. Allow to cool.
- Unwrap the roasted garlic and squeeze the flesh into a serving bowl, discarding the skins. Mash the garlic using a fork. Stir in the extra-virgin olive oil, lemon juice, remaining 2tsp of sumac and the remaining salt.
- Add the tomatoes, cucumber, spring onion and parsley and toss to coat. Sprinkle with the chickpeas and pomegranate.

## Martin Morales' Quinoa, Avocado, Chilli and Honey Salad

Serves 4

### Ingredients:

- For the salad
- 150g (5 ½ oz) quinoa
- 400g (14oz) can butter beans, drained and rinsed
- 25g (3/4oz) coriander leaves, finely chopped
- 1 chilli, deseeded and finely chopped
- 1 ripe avocado
- ½ red onion, finely diced
- 1 large tomato, deseeded and finely diced
- Salt

### For the dressing

- Juice of 2 limes
- 1 red chilli, deseeded and finely chopped
- 1 tablespoon extra virgin olive oil
- 1 teaspoon honey

Energy 286kcal/1202 kj

Protein 12.3g

Fat 10.2g

Sat. Fat 1.7g

Carbohydrates 38.7g

Fibre 8.0g

### Method

- Wash the quinoa in cold water until it starts to run clear. Put it in a saucepan, cover with cold water, add a pinch of salt and bring to the boil over a medium heat. Simmer for around 14 minutes until the quinoa is well cooked and has unfurled its tail. Drain, cool and set until needed.
- In a bowl, mix all the dressing ingredients except the honey.
- Add the butter beans, coriander and chilli to the quinoa and mix well. Add 3 tablespoons of the dressing, but don't soak the quinoa mixture too much.
- To assemble the salad, cut the avocado into chunks, mix with the quinoa and butter beans, and sprinkle the dressing and the tomato/red onion garnish over the top, then drizzle the honey over each portion as a final touch.