Chickpea tahini salad

Nutrition Australia



Ingredients:

Serves 2-4

- 2 x 400g cans chickpeas
- 1 punnet cherry tomatoes
- 2 Lebanese cucumbers
- ½ red onion
- ½ bunch parsley
- ½ cup slivered almonds

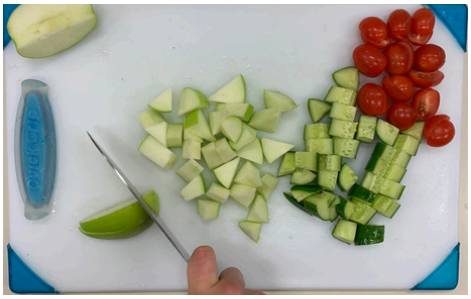
Dressing

- ¼ cup tahini
- 3 tablespoons lemon juice
- 2-3 tablespoons water
- Salt and pepper, to taste



1 Drain

Drain and rinse the chickpeas. Transfer to a large bowl.



2 Cut

Halve the cherry tomatoes and roughly dice the cucumbers. Add to the bowl with the chickpeas.



3 Dice

Finely dice the red onion and roughly chop the parsley. Add to the bowl.



4 Toast

Toast the slivered almonds for 2-3 minutes until golden. Remove from the heat and cool.



5 Combine

In a separate bowl, combine the tahini, lemon juice, water, salt and pepper. Whisk until light in colour and fluffy. Taste. Add more water or lemon juice to thin the mixture out, if needed.



6 Stir

Add the toasted slivered almonds and the dressing to the salad and stir through. Serve.

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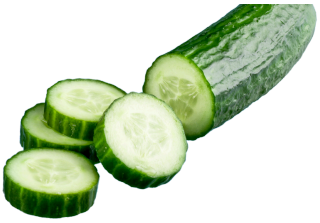
Ingredients



2 x 400g cans chickpeas



1 punnet cherry tomatoes



2 Lebanese cucumbers



½ red onion



½ bunch parsley



½ cup silvered almonds



¼ cup tahini



3 tablespoon lemon juice



2-3 tablespoons water



Salt and pepper, to taste

Equipment



Small frying pan or BBQ



Chopping board



Colander



Knife



Measuring cups



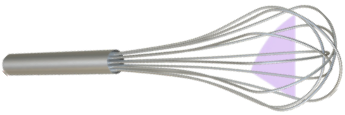
2 metal or glass bowls



Juicer



Measuring spoons



Whisk

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