

Crunchy Chickpea Salad



Serves: 4-6

Profitability:

Steps:

Soak the chickpeas overnight in 3 times their volume of water then rinse, drain and cover in a pan of freshly boiled water

Simmer until tender (for about an hour), adding marinated vegetables such as aubergine for extra depth of flavour

Drain, rinse and cool, and mix together with the chopped and prepared sultanas, pecans and sundried tomatoes

Serve on a bed of fresh iceberg lettuce, alone or as a tasty accompaniment to grilled chicken

Ingredients:

1 cup (200g) dried chickpeas

120g sundried tomatoes, slivered

1/2 cup sultanas

1/2 cup pecan nuts, roughly chopped

2 tbsp olive oil

1 lemon, juiced

1 tsp fresh dill, chopped

Salt and pepper