

## CHICK PEA SALAD



VEGAN & GLUTEN- FREE

### INGREDIENTS: (serves 1)

- 1 can chickpeas (400g)
- 2 tbsp cashew nuts
- ½ cup black or red grapes
- generous handful of rocket
- 1/4 red onion
- 1 tsp pomegranate seeds
- 1 tbsp olive oil
- 1 tsp balsamic vinegar
- pinch pink Himalayan salt to taste
- ground fresh black pepper

This vegan-friendly protein packed salad is not only great tasting but super nutritious too. It's bursting with powerful antioxidants, vitamin C and E plus detoxifying phytochemicals.

### HOW TO MAKE IT:

- Place generous handful of rocket leaves in a large salad bowl
- Rinse and drain chickpeas and place in salad bowl with rocket leaves
- Thinly slice red onion and add to the salad bowl
- Add black or red grapes cut in half and de-seeded
- Toss in the pomegranate seeds
- Add olive oil, balsamic vinegar. Himalayan salt, ground black pepper
- Mix everything together
- Serve onto a plate and sprinkle roughly chopped cashew nuts or pine nuts on top

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