

## 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