



LUNCH

CHICKPEA SALAT

WITH FRESH VEGETABLES AND FETA CHEESE

I. Drain the jar of chickpeas in a sieve and rinse briefly with cold water.

II. Cut the tomatoes, peppers and shallot into cubes and place them in a bowl together with the chickpeas. Also dice the feta cheese and add it with the parsley.

III. For the dressing mix all ingredients, season to taste and pour over the salad. As a special topping, pomegranate seeds or cranberries go very well!

GIVE IT A TRY:

Exchange some ingredients for example with kidney beans, cucumber, carrots or mozzarella.

INGREDIENTS:

1 jar of chickpeas (300g)
2 tomatoes
1 paprika
1 shallot
50g sheep's cheese
Fresh coriander/
Parsley

Dressing:

lemon juice
1tbsp Flaxseed oil/ olive oil
2tbsp Balsamic vinegar bianco
1tbsp Yoghurt
salt, pepper

 Preparation time: 10min