

Chickpea, Rice & Rocket Salad

Serves 4

INGREDIENTS

For the salad:

- 400g tin of chickpeas, drained and rinsed
- 100g tin of sweetcorn, drained and rinsed
- 30g fresh rocket leaves
- 1 red pepper, finely chopped
- 10g fresh coriander leaves, finely chopped
- 150g cooked white basmati rice

For the dressing:

- 3 tbsp extra virgin olive oil
- 1 tbsp lemon juice
- 1 tsp ground cumin
- ¼ tsp salt
- ¼ tsp ground black pepper

ALLERGENS

HIGHLIGHTED IN BOLD



PREPARATION

In a bowl put all the salad ingredients and combine it well.

In a small bowl combine the dressing ingredients and whisk it to emulsify. Then pour it over the salad and serve. This salad is great for picnics and packed lunches as it stays fresh for a few hours and nutritious at the same time.