



Impulse Snacks – Spiced Chickpea Salad

Ingredients (serves 1)

40g canned chickpeas, drained and washed
 7g feta cheese, broken into small pieces
 20g medium vine ripened tomato
 20g yellow pepper, thinly sliced
 4 leaves of finely chopped fresh mint
 ½ Tsp extra virgin olive oil
 ¼ Tsp lemon juice
 Sugar (to taste)
 Mustard powder (to taste)
 Sea salt (to taste)
 ¼ Tsp of finely chopped fresh coriander
 ¼ Tsp of finely chopped fresh parsley
 Rocket Leaves

Method

1. Put the chickpeas in a serving bowl. Half the tomato and scoop out the pips and chop the flesh and add to the chickpeas together with the red pepper and fresh herbs.
2. Combine the olive oil with the remaining ingredients and pour over the chickpea salad.
3. Toss and serve with the rocket leaves as a base.

Key Nutrients

Nutrient	Per 100g	% RNI	Per 100g Serving	% RNI	
Energy kJ	381	4%	381	4%	
Energy kcal	91	4%	91	4%	
Fat	4.1g	5%	4.1g	5%	Med
Saturates	1.2g	6%	1.2g	6%	Low
Total Sugars	2.7g	3%	2.7g	3%	Low
Salt	0.20g	3%	0.20g	3%	Low
Protein	4.1g	-	4.1g	-	-

Reference Intake of an Average Adult (8400kJ/2000kcal)

Allergen Info: Milk, Mustard, Wheat (Mustard)