

# Chickpea, sweet potato & vegetable salad

**Suitable for a  
gluten free diet.**

Our delicious salad bowl packs a crunchy punch and is perfect as a side to fish, meat or a vegetarian alternative. Make this recipe in bulk and pop the leftovers in the fridge to add to lunches during the week.



## Ingredients

|                        |                  |
|------------------------|------------------|
| Chickpeas              | 1 tin            |
| Cauliflower & broccoli | ½ a head of each |
| Feta cheese            | ¼ block          |
| Cherry tomatoes        | 10 halved        |
| Paprika                | ½ tsp            |
| Olive oil              | 2 tsp            |
| Dried quinoa           | 100g             |

## Salad dressing

|                        |                 |
|------------------------|-----------------|
| Extra virgin olive oil | 70 ml           |
| Red wine vinegar       | 3 tbsp          |
| Garlic                 | 1 clove, minced |
| Paprika                | ½ tsp           |
| Dried oregano          | ½ tsp           |
| Dijon mustard          | ¼ tsp           |
| Salt & pepper          | To taste        |

Makes 4 portions. Nutritional information per portion: Salad: 195 Kcal, protein 16g, 7.5g fat, 41g carbohydrates, fibre 5.6g. Dressing per tbsp: 288 Kcal, 3.2g fat.



# Instructions

1. Drain and toss the chickpeas with 1 teaspoon of olive oil, a pinch of salt and paprika to taste.
2. Cube the sweet potato, toss with 1 teaspoon of olive oil.
3. Place the chickpeas and sweet potato in separate roasting tins and roast in the oven on 200°C/ gas mark 6 for 20-30 minutes until golden and crunchy.
4. Boil the cauliflower and broccoli in a pan of water for 8 minutes or until desired softness. (Optional: Add them to the sweet potato for the last 15 minutes of roasting)



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5. Prepare the quinoa according to packet instructions (typically, 100g of quinoa in 300ml of boiling water, simmered for 20 minutes or until all the water has evaporated)
6. Combine all cooked ingredients and allow to cool for 30 minutes. Once cooled, add the halved cherry tomatoes and crumble the feta over the salad.
7. In a small bowl, whisk together the olive oil, red wine vinegar, minced garlic, dried oregano, Dijon mustard, salt, and ground black pepper. Add the dressing to the salad to your preferred taste and toss to coat evenly.

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