



CHICK PEA SALAD

This salad can be eaten as an accompaniment to samosas or vegetable kebabs.

This recipe serves 4.

INGREDIENTS

- 400g can chick peas - drained
- 1 large carrot - peeled and coarsely grated
- 4 spring onions - sliced
- $\frac{1}{2}$ cucumber - de-seeded and thinly sliced
- $\frac{1}{2}$ red pepper - de-seeded and diced

For the dressing:

- 2 tablespoons vegetable oil
- juice of 1 lemon
- $\frac{1}{4}$ teaspoon ground cumin
- $\frac{1}{4}$ teaspoon chilli flakes
- $\frac{1}{4}$ teaspoon Worcestershire sauce
- $\frac{1}{4}$ teaspoon ground black pepper

EQUIPMENT

- colander
- mixing bowl
- sharp knife
- chopping board
- peeler
- grater
- lemon squeezer
- teaspoon
- tablespoon
- measuring jug

HOW TO MAKE IT

1. In a measuring jug thoroughly mix all the dressing ingredients.
2. Put all the prepared salad ingredients into a mixing bowl and then pour the dressing over them.

HOT TIP: Refrigerate the salad for 30 minutes before serving. This will help develop the flavour.