

Mediterranean Salad

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- 400g can of chickpeas
- 2 tablespoons lemon juice
- 2 tablespoons extra virgin olive oil
- 1 teaspoon paprika
- ½ teaspoon sea salt
- 1 Continental cucumber, diced
- 2 large tomatoes, diced
- 1 capsicum, diced
- ½ red onion, finely diced
- ½ cup fresh parsley, chopped
- ½ cup fresh mint, chopped
- ½ teaspoon pepper

Equipment:

- Metric measuring spoons and cups
- Chopping board
- Cook's knife
- Strainer
- Large mixing bowl
- Wooden spoon
- Serving bowl

Method:

1. Drain chickpeas, transfer to a strainer and rinse under cold water until the water runs clear from the strainer.
2. In a large bowl, combine the chickpeas with the lemon juice, olive oil, paprika and salt. Stir to combine. Cover the bowl and transfer to the fridge. Marinate for 15-30 minutes.
3. While the chickpeas marinate, dice the vegetables and chop the fresh herbs.
4. Add the tomatoes, cucumber, capsicum, red onion, mint and parsley to the marinated chickpeas and toss to combine.
5. Taste for seasoning and add additional salt, pepper or lemon juice if needed until the flavour pops.
6. Transfer to a serving bowl and garnish with more fresh herbs.