



ROASTED CHICKPEA AND PARSLEY SALAD

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

- 1 jar chickpeas (540g drained weight)
- 1 spoon of harissa paste
- Large bunch of parsley
- 1/3 cucumber, chopped in quarters
- 15 cherry tomatoes, halved
- 1/2 jar of roasted red peppers, chopped
- 1 lemon, juiced
- 2 tablespoon extra virgin olive oil

METHOD

- Add the chickpeas to an ovenproof dish and coat in the harissa paste. Add to a hot oven to roast for 20 minutes.
- While the chickpeas are cooking, finely chop the parsley and add to a bowl with chopped cucumber, tomatoes and roasted peppers.
- Juice the lemon and add to the salad with the olive oil.
- When the chickpeas are ready add to the salad.

PREP TIME

- 30 minutes

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