

15. Chickpea salad with citrus dressing



Serves :2

Preparation time :10 minutes

Cooking time :15 minutes

Ingredients:

Butternut pumpkin, 180gms, peeled and cut into rough chunks
Olive oil spray, 1 spray
Sea salt, 2gms,
Zucchini, 1 medium, sliced
Asparagus, 3 spears, cut into 3cm lengths
Sesame seeds, white, 1 teaspoon
Chickpeas, cooked, 1 cup, drained
Red onion, 1/3 - 1/2 cup chopped
Cherry tomato, 1 serve (5 regular cherry tomatoes per serve), halved
Orange juice, 1 tablespoon, use freshly squeezed orange juice
Lemon juice, 1 tablespoon, use freshly squeezed lemon juice
Olive oil, 1 teaspoon,
Honey, 1/2 teaspoon
White pepper, ground, 1 pinch
Dried thyme, 2 teaspoons

Directions:

1. Preheat the oven to 180°C/350°F. Place the pumpkin on a baking tray lined with baking paper. Spray lightly with olive oil and sprinkle with a pinch of sea salt. Bake for 10 minutes, then add the zucchini, asparagus and sesame seeds to the pumpkin and bake for a further 5 minutes or until tender.
2. Meanwhile, place the chickpeas in a sieve and rinse under water; drain and set aside.
3. Place the orange juice, lemon juice, olive oil, honey, white pepper and thyme in a small bowl and mix well.
4. In a large mixing bowl, combine the chickpeas, onion, tomatoes and dressing. Add the roast vegetables and toss gently before serving.
5. Drizzle with the delicious and low-calorie dressing when ready to serve for a healthy and satisfying meal.