

16. Chickpea Salad

A vegetarian salad so easy to cook—one tray, one oven and 25 minutes.



Serves :2

Preparation time :5 minutes

Cooking time :25 minutes

Ingredients:

- Pumpkin, any type, 2 cup (diced), Jap recommended; unpeeled
- Red capsicum, 1 capsicum, sliced
- Zucchini, 1 large, cut into 2cm rounds
- Sweet potato, peeled, 1 cup
- Broccoli, 1 cup, florets
- Olive oil, 2 teaspoons
- Thyme, fresh, 1 tablespoon
- Honey, 1 teaspoon
- Sea salt, 1 pinch
- Pepper, any type, ground, 1 pinch
- Chickpeas, canned, drained, 1 cup, washed
- Basil, ½ cup
- Lemon juice, 1 tablespoon

Directions:

1. Pre heat the oven to 180°C/350°F.
2. Line a large oven tray with baking paper. Place the pumpkin, capsicum, zucchini, sweet potato and broccoli evenly on the tray.
3. Drizzle over the olive oil, thyme leaves, honey, sea salt and pepper. Using clean hands, rub the mixture all over the vegetables so they're evenly coated.
4. Place in the oven for 20 minutes. Remove, add the chickpeas and roast for a further 5 minutes to warm through.
5. Take out of the oven, and sprinkle over the basil and lemon juice. Gently mix to combine and place into serving bowls.