

Curried chickpea salad

Canned chickpeas are brilliant things to have in the pantry. They make the base for many varied salads.

Dressing;

2 tablespoons of olive oil
1 tablespoon balsamic vinegar
½ teaspoon curry powder
1 teaspoon honey

Salad;

X1 420g can chickpeas, drained
½ cup mint leaves, chopped
½ cup parsley, chopped
½ cucumber, peeled and chopped
1 spring onion, chopped
2 cups baby spinach leaves

Instructions;

Combine the dressing ingredients and mix thoroughly.
Combine the salad ingredients in a bowl and toss together.
Add the dressing, and stir through.
Leave to sit for the flavours to mingle.