

Chickpea and Tuna Salad

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Chickpeas turn a simple salad into something more substantial, making it suitable for a mid-week dinner or lunch. Chickpeas are tossed with tuna, olives, red onion, feta cheese, lemon juice and fresh parsley to create a fresh salad that is full of flavour.

Ingredients:

1 400g tin chickpeas
1 150g tin tuna in olive oil
50g black olives
1 small red onion
Small handful fresh parsley
1 small lemon
50g feta cheese
Salt and pepper

Directions:

1. Drain the chickpeas. Juice the lemon and finely chop the onion, parsley and olives. Roughly chop the feta.
2. Toss together the chickpeas, olives, tuna including the oil, red onion, parsley, cheese and lemon juice. Season well with salt and pepper before serving.

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