

Ratatouille Chickpea Salad

Printed from Chickpea Recipes at <http://www.chickpearecipes.co.uk/>

This warm chickpea salad is full of flavour and texture - warm red peppers, onions, courgettes and cherry tomatoes are tossed with chickpeas and a simple dressing. Delicious, healthy and perfect for your lunchbox.

Ingredients:

2 x 400g tins cooked chickpeas, drained
2 red onions
1 red pepper
2 small courgettes
350g cherry tomatoes
100g feta cheese
5 tbsp. extra-virgin olive oil
Juice of one lemon
3 tbsp. freshly chopped mixed herbs - mint, chives, parsley, etc
Salt and pepper

Directions:

1. Peel the onions and cut into wedges. Thickly slice the courgettes. Slice the pepper in half, remove the seeds and pith and dice the flesh. Cube the feta cheese.
2. Preheat the oven to 200C. Put the onions, red pepper, courgettes and tomatoes in a baking tin. Toss with 2 tbsp. oil and salt and pepper. Bake for 30 minutes, stirring halfway through.
3. Whisk the remaining oil with the lemon juice, salt and pepper and herbs. Once the veggies are cooked, leave to cool for 5 minutes, then toss with the chickpeas and lemon dressing.

Author: Laura Young