

Chickpea and Sweetcorn Salad

with avocado and crumbled Greek style cheese

30 – 35 mins

24



Chickpeas



Paprika



Onion



Bell Pepper



Lime



Coriander



Sweetcorn



Ground Cumin



Greek Style Cheese



Avocado



Salad Leaves

Pantry Items: Oil, Salt, Pepper



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Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, sieve

Ingredients

	2P	4P
Chickpeas	1 pack	2 packs
Paprika	1 sachet	2 sachets
Onion	1 unit	2 units
Bell Pepper	½ unit	1 unit
Lime	½ unit	1 unit
Coriander	5 g	10 g
Sweetcorn	1 pack	2 packs
Ground Cumin	1 sachet	2 sachets
Greek Style Cheese	100 g	200 g
Avocado	1 unit	2 units
Salad Leaves	120 g	240 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	619 g	100 g
Energy (kJ/kcal)	3179.8 kJ/ 760 kcal	513.7 kJ/ 122.8 kcal
Fat (g)	47.7 g	7.7 g
Sat. Fat (g)	14.5 g	2.3 g
Carbohydrate (g)	50.4 g	8.1 g
Sugars (g)	13.5 g	2.2 g
Protein (g)	24.6 g	4 g
Salt (g)	2.6 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.

Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Bake the Chickpeas

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Drain and rinse the **chickpeas** in a sieve.
- On a lined baking tray, toss the **chickpeas** with a drizzle of **oil**, **half** the **paprika** and a pinch of **salt**.
- Spread out in a single layer.
- Bake until the **chickpeas** are golden, 20-25 mins.



Make the Dressing

- To make your dressing, mix 2 tbsp **oil** (per 2P) with the remaining **paprika** and **cumin** in a salad bowl.
- Squeeze in the juice of one **lime** wedge (per 2P).
- Season to taste with **salt** and **pepper**.
- Mix well to combine.



Prep the Veg

- Meanwhile, halve, peel and finely chop the **onion**.
- Halve the **bell pepper** and discard the core and seeds. Chop **half a pepper** into thin strips (per 2P).
- Quarter the **lime**.
- Roughly chop the **coriander** (stalks and all).
- Drain the **sweetcorn** in a sieve.



Assemble the Salad

- Crumble the **Greek style cheese**.
- Trim the **salad leaves**, halve lengthways and thinly slice widthways.
- Halve the **avocado** and remove the pit. Use a tablespoon to scoop out the flesh. Chop into small cubes.
- Add the **chickpeas**, **salad leaves**, **half** the **avocado**, **half** the **cheese** and **half** the **coriander** to the bowl with the dressing.
- Toss together until everything is evenly distributed.



Time to Fry

- Place a pan over high heat with a drizzle of **oil**.
- Once hot, fry the **onion** and sliced **pepper** until starting to brown, 3-4 mins.
- Add the drained **corn** and **half** the **cumin**.
- Cook until starting to char, 2-3 mins.
- Transfer to a plate to allow to cool. Remove the pan from the heat.



Finish and Serve

- Adjust the seasoning with **lime** juice, **salt** and **pepper**—all to taste.
- Divide the salad between bowls.
- Spoon over the charred **pepper**, **onion** and **corn**.
- Sprinkle over the remaining **avocado**, **coriander** and **cheese**.

Enjoy!