

Chickpea tabouli

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Chickpea tabouli

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Chickpeas are a great source of fibre, extra protein and calcium. They also provide a tinge of nuttiness to the traditional tabouli dish to deliver a fresh tasting healthy dish everyone will simply love.

SERVES 2 TO 4

Ingredients

- ¾ punnet cherry tomatoes, cut into quarters
- ¼ small red onion, finely diced
- 1 small bunch fresh flatleaf parsley leaves, finely chopped
- ¼ small bunch fresh mint leaves, finely chopped
- ½ cup white cabbage, shredded
- 2 tbsp crumbled feta
- 1 x 400 g tin chickpeas
- Salt and pepper, to taste
- 2 tbsps extra-virgin olive oil
- 1 tbsp lemon juice

Add all the salad ingredients to a large bowl and sprinkle the feta over the top.

Drain and rinse chickpeas, then blitz in a food processor for 20 seconds or until they are roughly

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chopped. Add to salad and season to taste.

Drizzle over oil and lemon juice and mix well to combine.

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