

Chickpea salad with a creamy tahini dressing

1 tsp ghee or coconut oil
1 tsp cumin seeds
1 tsp paprika
a pinch of sea salt and ground black pepper
1 large red onion, sliced
1 large carrot, cut into sticks
1 large courgette, diced
300g tinned chickpeas, rinsed and drained
the zest of ½ an unwaxed lemon, finely grated
a small bunch of fresh parsley, chopped
a small bunch of fresh mint leaves, chopped

for the dressing:

1 heaped tbsp plain yoghurt (use dairy free if preferred)
½ a garlic clove, finely chopped
1 tbsp fresh lemon juice
2 tsps tahini

for the topping:

1 tbsp sunflower seeds

Serves 2

Per serving:
385 calories
13g fat
46g carbs
21g protein

Heat the ghee/oil in a large saucepan over a medium heat. Add the cumin seeds, paprika, salt, pepper, onion, carrot and courgette. Stir well and fry for 5 minutes, stirring frequently.

Add the chickpeas, stir well and cook for 3 minutes, stirring frequently.

Remove saucepan from the heat and add the lemon zest, mint and parsley. Stir well.

Place the yoghurt, tahini and garlic in a bowl and stir well until creamy. Stir in a drop of cold water if the mixture is too thick.

Transfer the vegetables into 2 serving bowls. Drizzle over the dressing, and top with the seeds.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

