

Chickpea & spinach salad **V**

SERVES 4 PREP 10mins COOK 9mins

**Low
fat**



- 1tsp cumin seeds
- 2 garlic cloves, crushed
- 1 red chilli, deseeded and cut into thin strips
- finely grated zest and juice of 2 limes
- 400g chickpeas, drained and rinsed
- 3 tomatoes, cut into wedges
- ½ cucumber, halved lengthways, de-seeded and sliced
- 1 small red onion, thinly sliced

- 75g baby spinach leaves
- black pepper
- 3tbsp fresh coriander, chopped
- 150ml The Co-operative reduced-fat Greek-style yogurt

1 Dry-fry the cumin seeds in a frying pan for 40 seconds, shaking the pan until they release a curry smell. Set aside for 5 mins to cool, then crush the seeds with the end of a rolling pin and tip into a large bowl. Return the pan to the heat. Add the garlic, chilli and 50ml water and cook for 1-2 mins until the garlic and chilli have

softened and the water has evaporated. Add to the bowl with the cumin seeds.

2 Add the lime zest and juice along with the chickpeas and veg. Mix well and season with black pepper.

3 Toss half the chopped coriander into the salad, stirring the rest into the yogurt. Serve drizzled with yogurt.

Calories 136	Fat 3.4g	Sat Fat 0.6g	Sugars 7.9g	Salt 0.6g
approx. per serving				
✓ 2 of your 5-a-day				

The **co-operative**
good with food