

Salad as a main meal? No problem with this gorgeous health-bomb!

Chickpea salad, the mediterranean way

Ingredients for 4 portions à 400 g

- 1 can cooked chickpeas, drained (250g)
- 2 medium carrots (400g)
- 1 red onion (50g)
- 1 small cucumber (400g)
- 2 large tomatoes (300g)
- 1 avocado (300g without stone)
- 4 spoons olive oil (30ml)
- 6 spoons balsamic vinegar (50ml)
- 2 teaspoons lemon juice (10ml)
- 2 spoons tomato concentrate (25g)
- Oregano, pepper, salt

Equipment

- Big salad bowl
- Teaspoon, spoon and kitchen scale for measuring ingredients
- Sharp knife and cutting board for chopping

Health Benefits

Pulses such as chickpeas bring a whole lot of **fibre** and **vegan protein** into this recipe, no refined carbohydrates make sure that blood sugar rises slowly after enjoying this salad.

No meat, eggs or dairy products, therefore you take up **zero unhealthy fats**, instead vegetable oil provides some **essential fatty acids** your body needs!

Caution

If you are not used to a lot of vegetables and pulses, it is especially important to **chew** them very well and **drink enough** (at least 1,5l of water each day) otherwise bloating is very likely!

Nutritional value:

	Whole dish	Per portion (400g)
Energy (kcal)	1360	340
Carbs	108	27
Fat	88	22
Protein	28	7
Fibre	40	10

Instructions

Salad making is the easy way of food preparation, you neither need any electricity, nor heat – just chop all (carefully washed) ingredients to have small pieces which you can enjoy well mixed with all the other ingredients.

There is no need to stir up a dressing separately, just pour everything listed above over the veg and pulses in the bowl, mix well with two spoons and season to your taste with (freshly chopped) herbs and spices in one big bowl.