

ZA'ATAR CHICK PEA SALAD



QUICK

5 mins prep

HEALTHY

Chick Peas are a plant based protein. We need protein to build and repair muscle

FAMILY

Feeds 6 as a side dish

MEALS

This salad goes well with Mediterranean and Middle Eastern dishes

INGREDIENTS

- 540g chick peas (jar or tin)
- 1 medium red onion
- 40 ml red wine vinegar
- 20 ml olive oil
- Large pinch salt
- 3 tsp za'atar
- Optional - 1 tsp za'atar to sprinkle on top

METHOD

- 1) Drain the chick peas and put in a bowl
- 2) Finely dice the onion and add
- 3) Add the za'atar
- 4) In a separate bowl mix the vinegar, olive oil and salt.
- 5) Pour over the chick peas
- 6) Taste and add more salt / vinegar / za'atar / olive oil to taste
- 7) Mix and serve with an extra tsp za'atar sprinkled on the top

This recipe is one that I saw Samin Nosrat make and taught me about mixing salty, fatty and sharp flavours together



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com