

# chickpea, broccoli & danish fetta salad

## **Equipment:**

measuring spoons, bowls, chopping board, knives, salad spinner, frying pan, saucepan, tongs, colander

## **Ingredients:**

1½ cups cooked and drained chickpeas  
1 TBLSPN sunflower seeds  
2 TBLSPNS olive oil  
20 broccoli florets  
10 mint leaves, torn up  
finely grated zest and juice of ½ lemon  
50 gms danish fetta  
sea salt and black pepper

## **method:**

Wash and spin dry all vegies.

Chop the florets in bite-sized pieces.

Put chickpeas in a bowl.

On a medium heat, dry fry sunflower seeds until they start to colour. Watch, and shake frequently.

Bring a large saucepan of lightly salted water to the boil, then cook broccoli for 1 to 2 minutes only. You want it still firm and dark green.

Quickly drain in a colander, then add to chickpeas. Add lemon zest and juice, mint, rocket, fetta and olive oil and season to taste with salt and pepper. Mix gently but well. Scatter with sunflower seeds and serve.

This salad should be warm.