

chickpea roasted peppers and rocket salad

Equipment:

Bowl, measuring cup and spoons, grilling pan, wooden spoon, chopping board, knife, colander, tongs

Ingredients:

3 cups cooked chickpeas, drained
3 peppers
a few rocket leaves
a few olives
½ - 1 red onion
juice of ½ - 1 lemon
drizzle of olive oil
murray river salt, and pepper to taste

Method:

To roast the peppers, place on a grilling pan on a burner and grill, turning frequently with tongs, until skin on all sides has plenty of black scorched patches. Place blackened peppers in a bowl with a tight fitting plate and leave to steam and cool.

Wash and dry rocket leaves. Tear up.

Chop onions and olives.

Take peppers out and peel the skin off. Slice off tops and scoop out seeds. Cut roasted peppers into pieces. Put into a bowl with the chickpeas, olives, onions and rocket.

Pour over lemon and olive oil and mix well, then taste and season with salt and pepper.

Place into serving bowls.