

Chickpea Salad with Roasted Capsicum and Spicy Dressing

Ingredients:

440g Can chick peas, drained and rinsed
2 Roasted and peeled capsicum (different colours)
2 handful of coriander sprigs

Dressing:

1 teaspoon cumin seeds
1 teaspoon coriander seeds
1 clove garlic
1 teaspoon chili paste
2 tablespoons olive oil

Instructions:

1. Turn oven on to 200c
2. Place capsicum on an oven tray and bake for 20 minutes. When cooked remove from oven and allow to cool for 10 minutes
3. To make the dressing, dry roast cumin and coriander seeds separately in a small frying pan over medium heat until fragrant.
4. Tip seeds into a mortar and grind to a fine powder it the pestle.
5. Mix with remaining dressing ingredients
6. Put chickpeas into a bowl
7. Cut roasted and peeled capsicum into strips and mix them with the chickpeas
8. Pour the dressing over the top and mix well
9. Scatter a small amount of coriander to garnish