

# *canvassimo*

by Jo&Anna

---

## WARM SALAD

with chickpeas, tomatoes and red pepper  
(vegan)

### TIME:

- preparation: 10-15 min
- cooking: 5-7 min
- ready in about: 15 min

### INGREDIENTS:

SERVES 1

- 1/2 cup chickpeas, rinsed and drained (400g tin)
- 1 small red onion, diced
- 1 celery stick, diced
- 1/2 red pepper, diced
- 1-2 garlic clove, peeled and crushed
- 6-8 wine tomatoes, halved
- a handful of green leaves salad (rocket or any other)
- a small bunch parsley, chopped
- 1 teaspoon cumin seeds
- 1 teaspoon chilli flakes
- 2 teaspoons olive oil

<https://www.canvassimo.co.uk/warm-salad-with-chickpeas/>

# *canvassimo*

by Jo&Anna

---

- ½ lemon, juice
- salt & black pepper to taste

## **METHOD:**

1. Heat two tablespoons of olive oil in a frying pan add onion, celery, garlic and mix until it has just started to turn golden.
2. Add red pepper pieces, tomatoes and drained chickpeas.
3. Mix everything in a bowl
4. Season well.
5. Serve on green leaves and enjoy!