



Tabbouleh

Ingredients

6tbsp Olive Oil
1tbsp Garam Masala
2 cans Chickpeas, drained and rinsed
250g pouch ready to eat mixed grains
250g frozen peas
2 lemons, juiced and zested
Pack Parsley leaves roughly chopped
Pack Coriander leaved roughly chopped
250g Radishes finely sliced
1 Cucumber chopped
Pomegranate Seeds



How to make

1. Heat oven to 200c/180c fan
2. Mix 4tbsp olive oil with the garam masala and some seasoning. Tip the Chickpeas into a large roasting tin and toss in the garam masala mixture. Put into the oven t cook for 15 mins until starting to crisp up.
3. Then tip in the grains, peas and lemon zest. Mix well and return to the oven to 10 minutes.
4. Transfer to a large bowl and toss through all the herbs, radishes, cucumber, remaining oil and lemon juice. Season to taste and scatter over the pomegranate seeds. If transporting for a picnic divide between some smaller containers or small individual bowls.



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