



**ST PETER'S  
HOUSE**

CURIOSITY | ENCOUNTER | GIFT

**Serves 1**

# Courgette & Chickpea Salad

## The Well Recipe Card

### Ingredients

- 50g couscous
- ½ medium onion – chopped
- 1 clove garlic – finely chopped
- 1 medium courgette – long thin strips
- 2 tsp aromatic blend
- ½ tin chickpeas – drained
- ½ lemon – juiced

Optional: olive oil, feta cheese, flatbreads,  
hummus, olives, tomatoes

**Wash and prepare all vegetable as described**

**Place couscous in a heat proof bowl and add 75ml hot water along with a pinch of salt, leave covered to one side for 10 minutes before fluffing with a fork and dressing with a little oil.**

**Place onion into saucepan with a little oil and cook over medium heat until soft (3-4 mins).**

**Add garlic and cook out for a minute before adding the spices and cooking for a minute or stirring frequently to avoid them smoking.**

**Add courgettes strips and cook until they start to soften (2-4 mins).**

**Place chickpeas in a salad bowl with courgettes and couscous then add lemon juice and toss everything together, taste and consider adding more salt, pepper or any of the additional ingredients mentioned above.**

**Serve in your favourite salad bowl as a main or use as a side dish when creating a spring or summer feast.**

