

Pan Fried Chickpea Salad

Ingredients:

1 can of chickpeas, drained and patted dry with a tea towel

1 clove garlic, peeled and crushed in mortar & pestle

1 tablespoon oil

1 teaspoon salt & pepper

¼ teaspoon paprika

2 handfuls lettuce leaves, washed and chopped

2 tomatoes, washed and chopped

Method:

- Heat a large frypan with oil. Add garlic, chickpeas, paprika, salt & pepper. Cook until the chickpeas are nice and golden, and keep mixing them so they don't burn.
- Place washed and chopped lettuce and tomatoes into 4 small brown bowls then divide cooked chickpeas over the top.