

## **Honey roasted Chickpea Salad w/ Honey lemon Dressing**

### **Ingredients:**

#### **Honey Roasted chickpeas:**

1 tin chickpeas, drained and rinsed

2 tablespoons (tbsp) olive oil

½ teaspoon (tsp) Dijon mustard

½ teaspoon (tsp) paprika

¼ teaspoon (tsp) chilli powder

¼ teaspoon (tsp) cinnamon

¼ teaspoon (tsp) salt

1 tablespoon (tbsp) honey

#### **Honey Lemon Dressing:**

1 tablespoon (tbsp) lemon juice

1 teaspoon (tsp) lemon zest

¼ cup olive oil

½ teaspoon rosemary, chopped fine

1 tablespoon honey (tbsp)

#### **Salad:**

2 cups spinach/silver beet, washed and chopped

½ cup tomatoes, chopped

½ cup cumquats, chopped

## **Method:**

- Preheat oven to 180 degrees. Drain chickpeas, rinse and pat them dry with a clean tea towel. Place chickpeas on a baking tray and toss with oil and salt. Bake for 25 minutes or until crispy. Let cool.
- Combine honey, Dijon, 1 teaspoon (tsp) olive oil, paprika, chili powder and cinnamon. Toss this mixture through the chickpeas until fully coated.
- To make the dressing, place honey, lemon juice, lemon zest, olive oil and rosemary into a jar with a lid and shake well.
- Place chopped spinach/silver beet into a large bowl with chopped tomatoes and cumquats. Add chickpeas and salad dressing. Mix and serve into 4 brown bowls.