



Beef and Toasted Chickpea

Salad

 20min  2 Portions

This is feel good food at its best! Ribbons of carrot and zucchini are the perfect base for the flavoursome beef and chickpea mixture, while the minty yoghurt adds a touch of creaminess without too many calories.

What we send

- grass-fed beef mince
- spice mix
- mint and 2 garlic cloves
- Greek-style yoghurt ⁷
- lemon
- Lebanese cucumber
- zucchini
- carrot
- chickpeas

What you'll require

- olive oil
- salt and pepper
- sugar

Utensils

- grater
- large frypan
- paper towel
- sieve

- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

You may like to toss half the dressing through the vegetables to evenly coat them.

Allergens

Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 595.0kcal, Fat 25.2g, Proteins 43.0g, Carbs 40.2g



1. Prepare chickpeas

Drain the **chickpeas** in a sieve and then wash well under cold water. Shake excess water and then dry thoroughly on paper towel or a clean tea towel.



2. Prepare vegetables

Cut the **carrots** and **zucchini** into thin slices or ribbons. Using a teaspoon, deseed the **cucumber** and thinly slice into half moon shapes.



3. Make dressing

Zest and juice half the **lemon** (reserve remaining half for another use) and place 1 tbs juice in a bowl with the zest. Pick the **mint** leaves (discard stems) and finely chop. Add ½ of the mint to the lemon with the **yoghurt** and a pinch of **sugar** and **sea salt and pepper** (see cooking tip).



4. Cook chickpeas

Heat 1 tbs **oil** in a large frypan over medium-high heat. Cook the **spice mix**, stirring, for 10 secs then add the **chickpeas** and cook for 4-5 mins until crisp and golden. Set aside.



5. Cook beef

Thinly slice the **garlic**. Heat 1 tbs **oil** in same pan. Cook the garlic for 1 min or until fragrant. Add the **beef** and stir-fry over high heat for 5 mins or until golden and cooked through. Stir in remaining **mint**.



6. Get ready to serve

Combine the **vegetables** and divide between plates. Combine the **chickpeas** and **beef** and pile on top of the vegetables. Drizzle over the **yoghurt dressing** to serve.