



HOT STUFF SPICED CHICKPEA SALAD

INGREDIENTS

1. 1 Brown Onion
2. 2 cans of Chickpeas (420 grams)
3. 1 teaspoon Garlic
4. 1 tablespoon Hot Stuff (Nanna Lou's Spice Mix)
5. 2 teaspoon Lemon Juice
6. 1 teaspoon Butter
7. 1 tablespoon Flat Leaf Parsley (fine chop)

METHOD

1. Add Onion to fry pan and cook (medium heat) until caramelised
2. Add Garlic and cook for 2 minutes while stirring
3. Add Hot Stuff and Chickpeas, stir well and cook for 2 minutes
4. Add Butter, stir and cook for 5 minutes
5. Transfer to serving bowl and mix in Parsley and Lemon Juice
6. Serve cold

