

Eat Within 3 Days

Harissa Mayo & Chickpea Salad

with spring onion, corn & harissa mayo

Hands-on Time: 5 minutes

Overall Time: 7 minutes

Lunch: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	422kJ	1909kJ
Energy	101kcal	457kcal
Protein	3g	13.7g
Carbs	10g	47g
of which sugars	3.2g	14.4g
Fibre	2.8g	12.8g
Fat	5.2g	23.6g
of which saturated	0.4g	1.9g
Sodium	99mg	449mg

Allergens: Sulphites, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
30g	60g	Corn
50ml	100ml	Harissa Mayo *(20ml [40ml] Pesto Princess Harissa Paste & 30ml [60ml] Mayo)*
120g	240g	Chickpeas *drain & rinse*
1	2	Tomato/es *rinse & roughly dice*
100g	200g	Cucumber *rinse & roughly dice*
1	2	Spring Onion/s *rinse, trim & finely slice*
20g	40g	Salad Leaves *rinse*

From Your Kitchen

Seasoning (salt & pepper)
Water

1. WARM THE CORN Boil the kettle. Submerge the corn in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

2. FANCY MAYO In a small bowl, loosen the harissa mayo with water in 5ml increments until drizzling consistency and season.

3. COMBINE AND ENJOY In a bowl, combine the chickpeas, tomato, cucumber, spring onion, corn, and salad leaves. Drizzle over the loosened harissa mayo and season.