

Eat Within 3 Days

# QCOOK

## Harissa Mayo & Chickpea Salad

**with spring onion, corn & harissa mayo**

**Hands-on Time:** 10 minutes

**Overall Time:** 15 minutes

**Lunch:** Serves 3 & 4

**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 3 | [Serves 4] | |
|---|---|---|
| 90g | 120g | Corn |
| 150ml | 205ml | Harissa Mayo<br>*(60ml [80ml] Pesto Princess Harissa Paste & 90ml [125ml] Mayo)* |
| 360g | 480g | Chickpeas<br>*drain & rinse* |
| 3 | 4 | Tomatoes<br>*rinse & roughly dice* |
| 300g | 400g | Cucumber<br>*rinse & roughly dice* |
| 3 | 4 | Spring Onions<br>*rinse, trim & finely slice* |
| 60g | 80g | Salad Leaves<br>*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.