



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: Jemimah Smith

Nutritional Info

	Per 100g	Per Portion
Energy	460kj	2078kj
Energy	110kcal	497kcal
Protein	3.3g	14.9g
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

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
90g	120g	Corn
150ml	200ml	Harissa Mayo <i>(60ml [80ml] Pesto Princess Harissa Paste & 90ml [120ml] Mayo)</i>
360g	480g	Chickpeas <i>drain & rinse</i>
3	4	Tomatoes <i>rinse & roughly dice</i>
300g	400g	Cucumber <i>rinse & roughly dice</i>
3	4	Spring Onions <i>rinse, trim & finely slice</i>
60g	80g	Salad Leaves <i>rinse</i>

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.