

# FRESH CHICKPEA AND PRAWN SALAD WITH MUSTARD, HONEY AND SOY VINAIGRETTE

01

## RECIPES EN-ROUTE



## INGREDIENTS



1 PERSON

### Salad:

200g cooked chickpeas  
1/4 red pepper  
1/4 green pepper  
1/2 cucumber  
1/2 avocado  
2 spoonfuls of green olives  
50g of feta cheese  
1 tablespoon of dill  
Spoonful of salt, black pepper and oregano

### Vinagrette:

100ml olive oil  
3 tablespoons mustard  
4 tablespoons soy sauce  
100ml honey  
Spoonful of vinegar, salt and black pepper

## STEPS TO FOLLOW

- 1 For the salad:**  
Chop all the ingredients. Drain the chickpeas, and mix. Season with salt, black pepper and oregano.
- 2 For the vinagrette:**  
Mix everything together in a bowl or other container until you get a homogeneous and creamy sauce.
- 3 Mix:**  
Season the salad with the vinaigrette to our taste, if you like a lot of seasoning, add all the vinaigrette and if not, keep what is left over for another time. It keeps very well in the fridge.

If you want to make this recipe for more people, simply double the quantity, depending on how many people it is for.

#TakeCareOf  
YOUR DIET  
ENROUTE

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