

Grilled Courgette, Roasted Pepper and Chickpea Salad.



Servings: 4 portions

Ingredients

- Courgette x 4
- Red Pepper x 1
- Orange Pepper x 1
 - Chilli x 1
- Garlic x 4 Cloves
- Chickpeas x 1 Tin
 - Lemon x 1
- Coriander x 1 Handful

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This is a great light lunch or can be used as a side dish.

Method

- Blitz the chilli and garlic with a little oil to form a loose paste.
- Cut the peppers in half, rub in a little oil and roast in the oven for 20 minutes @200c.
- Cut the courgette in half lengthways and smother them in the chilli and garlic paste.
- Get a grill pan or frying pan nice and hot then grill the courgette starting flat side down. This will take a few minutes to develop a nice charred flavour. Flip and repeat on the back side. Try not to overcook the courgette here, you want to keep it nice and firm so it still has bite.
- Once cooked allow the peppers and courgette to cool. Then cut into big chunks and pop into a big bowl.
- Save the pepper's roasting juices and drizzle over the veg along with the zest and juice of a lemon and a handful of chopped coriander.
- Finally, drain the chickpeas, add them to the bowl and toss it all together.