

Good on the go



Indian-spiced roast chickpea salad with grilled turkey

Serves 1

135g tinned chickpeas, drained

1½ tsp olive oil

1 clove garlic, peeled and crushed

1 tsp garam masala

1 small red onion, diced

Salt and pepper

135g turkey breast

1 tomato, diced

¼ cucumber, diced

10g unsalted roast peanuts, roughly crushed

Juice of ½ lemon

Small bunch of coriander, leaves chopped

Method

Preheat the oven to 200°C. Combine the chickpeas with half of the oil, the garlic, garam masala and onion in a small roasting tin and toss to combine. Season with salt and pepper then roast for 15 minutes.

Meanwhile, preheat a griddle pan over a high heat. Lay the turkey between two sheets of clingfilm then bash with a rolling pin to flatten. Drizzle over the remaining oil and season with salt and pepper. Lay on the griddle and cook for 3 minutes on each side then set aside to rest. Cut into bite-sized pieces.

Tip the chickpeas into a bowl, add the turkey, tomato, cucumber, peanuts, lemon juice and coriander. Toss to combine then tip into a bowl and get stuck in.

Alternative ingredients

To make this nut-free, swap the peanuts for the same grams of seeds (e.g. pumpkin, sunflower).