



Chick Pea and Yoghurt Salad

Servings: 6

Prep Time: 5min

Cook Time: 10min

Ingredients

- 10ml olive oil
- 2ml coriander seeds
- 2 ml black mustard seeds
- 1 medium onion, sliced into thin half-rings
- 3 medium garlic cloves, finely chopped
- 2 cans chick peas, drained
- A handful of chopped fresh coriander
- salt and pepper to taste
- 250ml low fat plain yoghurt

Directions

1. Heat the olive oil in a non-stick frying pan and saute the coriander seeds, black mustard seeds, onion and garlic together for 2 - 3 minutes until golden.
2. Remove the pan from the stove and add the chick peas and coriander, tossing to heat through. Season to taste and pour on the yoghurt with the pan off the heat. To prevent the yoghurt curdling, do not heat further.
3. Serve warm or at room temperature.