



Smashed Chickpea Salad

Looking to freshen up your traditional chicken salad recipe? Give this plant-based alternative a try! This chickpea salad is delicious and nutritious, jam-packed with fibre, protein and micronutrients to keep you feeling your best. The best part? The longer this sits, the tastier it gets, making this the perfect meal prep recipe.

Recipe makes x 3 servings

Total time: 20 minutes



INGREDIENTS

1 can whole chickpea, drained and rinsed
¼ cup shredded carrot
¼ cup finely chopped bell pepper
¼ cup finely chopped fennel (or celery)
1 tbsp mayonnaise
2 tbsp plain yogurt
Salt and black pepper to taste

INSTRUCTIONS

1. In a bowl, combine chickpeas and veggies. Smash chickpeas with a fork or potato masher until the chickpeas are mostly broken down.
2. Add mayo, yogurt and seasonings. Mix to combine.
3. Store in air-tight container in the fridge for up to 5 days. Enjoy!

Tip: Serve this with whole grain crackers, on toast or wrapped in a tortilla. The options are endless!

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