

Chickpea Salad with Coriander Dressing

Ingredients:

*2 cups cooked chickpeas (canned is ok)
1 red capsicum diced
1 lebanese cucumber diced
250 grams cherry tomatoes quartered
1 spanish onion diced*



Coriander Dressing

*½ cup lemon juice
2 tablespoons balsamic vinegar
½ cup finely chopped fresh coriander
1 teaspoon chopped red chilli (optional)
Dash mixed dried herbs (optional)*



Citrus Chilli Dressing

*1 cup orange juice
¼ cup Dijon mustard
½ cup rice vinegar
2 cloves garlic
1 tablespoon chilli powder
1 tablespoon sweet chilli sauce*



Place all ingredients in blender jar and process until smooth.

Grainy Mustard Dressing

*½ cup rice vinegar
½ cup whole grain mustard
1 tablespoon minced garlic
2 tablespoons tamari
1 cup honey*



Place everything but the honey in a blender jar and process briefly. Slowly add the honey while processing.