

Chick Pea Salad

by Margaret Fulton

250g (8oz) Chick Peas, soaked overnight

Salt

4 tablespoons Ginger Dressing *

1 small Onion, finely chopped

1 Red Pepper, cored, seeded and diced

2 tablespoons chopped Parsley

Drain the chick peas, place in a pan and cover with cold water. Bring to the boil and simmer for 1½ to 2 hours or until softened, adding a little salt towards the end of cooking.

Drain thoroughly and place in a bowl. Pour over the dressing and toss well while still warm. Leave to cool.

Add the remaining ingredients, toss thoroughly and transfer to a serving dish.