

Chickpea Crunch



230g (1 pack/tin) Chickpeas

2 tablespoons Tahini

1 Red Onion finely chopped

50g Gherkins chopped into small pieces

1 stick celery chopped into small pieces

1 teaspoon Dijon mustard

2 teaspoons Dried Parsley

Black pepper

Drain the chickpeas and place in a bowl

Roughly mash the chickpeas (using back of a fork or potato masher)

Add the onion, gherkins and celery to the chickpeas and mix together

Add tahini and dijon mustard to the chickpea mixture and stir until combined

Add in the parsley and black pepper, to taste