

# Lebanese salad

High flavour chickpeas, oregano and tomatoes.

This is a **Fairtrade** adaptation of a recipe by Susannah Booth, published in *the Guardian* on Saturday 17th August, 2013.

A Lebanese<sup>1</sup> dish, with quantities for 4 serving portions.

## Ingredients

### Salad

- 75 g **FAIRTRADE** dried apricots
- 20 ml **FAIRTRADE** red wine
- 400 g can chickpeas
- 150 g radishes
- 100 g cherry tomatoes
- 1 small red onion
- 30 g fresh herbs (oregano, parsley, mint)

### Dressing

- 1 **FAIRTRADE** lemon
- 20 ml Zaytoun **FAIRTRADE** olive oil
- 5 g sea salt

Add the radishes, tomatoes and onion to the chickpeas.

Wash the herbs, then shake them dry and trim out any woody stems. Chop very fine to release maximum flavour and aroma. Add the herbs to the salad.

Drain the apricot pieces and add to the salad, and turn to mix.

## Dressing the salad.

Juice the lemon discarding skin and pith.

Combine the oil, lemon juice, and salt in a dressing shaker.

Pour the dressing over the salad, turn to coat everything, and chill in the fridge for 30 minutes or more.

## Serve

Serve chilled with a flatbread.

## Method

### Preparation

Chop the apricots into pea-sized pieces (scissors work well) and put them in a small bowl. Cover with **Fairtrade** wine and set aside to marinate whilst you prepare the rest of the ingredients.

Rinse the chickpeas under cold running water, drain them, and put them in a salad bowl.

Wash, top and tail the radishes and chop fine.

Quarter the tomatoes.

Skin the onion and chop fine.

<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/lebanon.htm>