



# RAINBOW VEGGIE & CHICKPEA SALAD WITH AVOCADO DRESSING



# RAINBOW VEGGIE & CHICKPEA SALAD WITH AVOCADO DRESSING

Preparation 20 mins | Serves 4

- 2 celery sticks, thinly sliced
- 2 Lebanese cucumbers, cut into thin matchsticks
- 2 cups finely shredded red cabbage
- 1 large carrot, shredded lengthways
- 1 small red or yellow capsicum, quartered, deseeded and finely sliced
- 400g can chickpeas, drained and rinsed
- 75g feta cheese, crumbled
- 1/3 cup pepita or sunflower seeds
- Whole grain bread rolls, to serve

### Avocado dressing:

- 1 ripe medium avocado, halved lengthways and stone removed
- 1 tbs extra virgin olive oil
- 2 tbs lemon juice
- About 1/3 cup cold water

**STEP 1** To make avocado dressing, scoop avocado flesh into a high-speed blender. Add remaining ingredients. Blend until smooth. Add water and blend again to make a creamy consistency (add extra water if necessary). Set aside.

**STEP 2** Combine celery, cucumbers, cabbage, carrot, capsicum and chickpeas in a large bowl. Toss to combine. Drizzle with the avocado dressing. Gently toss to combine. Sprinkle with pepitas or sunflower seeds. Serve with bread rolls.

## Good for you... AVOCADOS

*Avocados are one of the few fruits that contain some fat, but it's 'good' fat that is essential for health. Top of the fruit and vegetable class for vitamin E, a vitamin needed for healthy red blood cells. A good source of vitamin C, that helps keep gums and teeth healthy.*



**SYDNEY MARKETS** For more fresh fruit & veg recipes visit [www.sydneymarkets.com.au](http://www.sydneymarkets.com.au)

Neither whole nor part of this leaflet may be reproduced without written permission from Sydney Markets Limited. AUT19