



Lunch Recipe:

Potatoes and chickpea salad with lemon dressing (serves 2-4 people)

Remember that eating a healthy balanced diet is important for wellbeing and can help you to feel the best you can!



Chickpeas contain fibre, protein and good nutrients which can help towards a healthy body and skin.

Confident

Ingredients:

200g raw potatoes, unpeeled and boiled until just tender, 1 x 400g tin chickpeas rinsed, 1/3 cup diced carrots, 1 tsp of ground garlic powder

Dressing: 1/2 cup plain yoghurt (low-fat), juice of half a lemon, 1 cup fresh mint leaves (optional)

Method:

1. Mix the dressing ingredients together and chill.
2. Gently heat oil in a frying pan. Add garlic powder, chickpeas and carrots and lightly fry for 2-3 minutes.
3. Portion the warm potatoes and toss with chickpea mixture.
4. Transfer to a serving platter, drizzle with dressing. Try making your meal look professional by adding a few mint leaves to the top!



Remember eating a balanced diet is just one part of maintaining good health and feeling 100%.

WANT TO
FEEL 100%?