



Avocado Chickpea Salad

What to collect

Ingredients	Equipment
2 cups shredded lettuce	chopping board
1 avocado, cubed	knife
1 can of chickpeas, drained and rinsed	metric measuring spoons/cups
4 spring onions, diced	large bowl, small bowl
½ cup cooked brown rice	colander
2 tablespoons coriander, chopped	
2 tablespoons toasted seeds	
Dressing:	
2 tablespoons lime juice	
1 tablespoon olive oil	
2 teaspoons honey	
salt/pepper	

What to do

1. In a large bowl, toss together shredded lettuce, avocado, chickpeas, spring onions and cooked rice.
2. In a separate bowl, whisk together ingredients for the dressing.
3. Pour dressing over salad, sprinkle seeds on top and serve.