



## Broccoli & Chickpea Salad

<b>What to collect</b>	
<b>Ingredients</b>	<b>Equipment</b>
4 cups broccoli, cut into florets	steamer
2 cans of chickpeas, drained & rinsed	chopping board
5 sliced spring onions	knife
½ cup parsley, chopped	zester
1/3 cup toasted seeds	juicer
1 clove garlic, finely chopped	metric measuring spoons/cups
2 teaspoons Dijon mustard	small bowl
1 teaspoon honey	
1 tablespoon grated lemon zest	
¼ cup lemon juice	
6 tablespoons olive oil	
sea salt & pepper	

## What to do

1. Steam broccoli until just tender but still has crunch. (about 5 minutes)
2. Once cool, combine with chickpeas, spring onions, parsley & seeds.
3. In a bowl, combine garlic, mustard, honey, lemon zest and juice. Slowly add oil, whisking to emulsify and season with salt & pepper.
4. Drizzle dressing over broccoli mixture, adjust seasoning & serve.