

mama eats

chickpea, herb, and feta salad

notes: the ingredient list here is small, which means that the quality and freshness of each ingredient really matters to the final dish. Although of course you can use tinned, I highly recommend cooking your chickpeas from scratch for a delicious, well seasoned and tender yet firm chickpea- not to mention also much more economical. The olive oil should be pleasant and not too peppery/bitter, as we are using quite a bit here. You can use a small clove of grated garlic instead of the shallot if you prefer. It keeps well for a few days in the fridge- if you want it to last longer, just keep the herbs separate and toss them in when serving. You are welcome to leave out the feta- the salad is very good without- I used Violife here, use whichever feta you enjoy.

2 cups // 400 g dried chickpeas; about 5 cups cooked chickpeas

¼ cup // 60 ml olive oil

¼ cup // 60 ml fresh lemon juice (from a large lemon) + its zest

a small shallot, minced

salt and fresh ground black pepper

soft, fresh herbs- (such as parsley, mint, dill, chervil)- I used a small bunch of parsley and a large handful mint // stems removed, leaves chopped

5 green onions, sliced

½ a small block feta, or to taste

Soak chickpeas overnight. In the morning, drain them and rinse well. Add them to a large pot with plenty of fresh water and a tablespoon of salt. Simmer until tender- this usually takes 40 minutes to 1 hour- or pressure cook according to your own model's timing (this is especially useful on warm days when you don't want to heat up the house). When finished cooking, take care to drain them well, because any excess water will dilute the dressing.

While the chickpeas are still hot/warm, prepare the dressing. In a large bowl, whisk together the lemon juice, zest, olive oil, shallot, and generous salt and freshly ground black pepper. Add the hot/warm chickpeas and mix well. Allow them to sit and cool to room temp- this step is quite important, as we don't want the heat to wilt the herbs, and the resting period also allows the chickpeas to soak up the dressing. Toss through the herbs, green onions, and crumble over the feta. Mix again, taste, and adjust seasoning if necessary.