



# Low FODMAP Chickpea & Chicken Salad with Mustard Dressing

Serves: 4

Prep: 5 minutes

Cook: No cooking required



Stack Cup

Ingredients	Metric	Imperial
1 cup baby spinach	50 g	1.8 oz
1 cup chickpeas, drained	168 g	6 oz
1 continental cucumber, washed and diced	200 g	7 oz
1 cup cherry tomatoes, rinsed and halved	250 g	8.8 oz
1 cup of lettuce of your choice (we recommend rocket leaves)	38 g	1.3 oz
Shaved Parmesan cheese	80 g	2.8 oz
Salt and pepper, to taste		
2½ tbsp mustard	28 g	1 oz
1 tbsp apple cider vinegar	20 g	0.7 oz
Juice of 1 lemon		
½ cup olive oil	144 g	5.1 oz
Salt and pepper, to taste		

## Method

1. To make the salad take out four containers. We recommend using old jam jars for travelling to work safely without spilling or a takeaway container.
2. Divide all the ingredients between the four bowls. I suggest layering in this order: start with spinach then add the chickpeas, top with cucumber then add the tomato halves. Top with the lettuce leaves.
3. For a final touch add some Parmesan slices and pepper.

## Hints

- Add a little protein to mine. I generally take a little slice of whatever meat I have leftover from a previous meal e.g. Chicken, lamb, beef or ham.
- Make the night before to have a quick and easy morning.
- Season as you make the salad else you may get to the top and realise there's no seasoning over the chickpeas.
- Serve in a bowl for easier eating.

Nutrition Information (per serve)	
<b>Energy</b>	978 Kj / 234 cal
<b>Protein</b>	5.50g
<b>Carbohydrates</b>	8.50g
<b>Sugar</b>	1.90g
<b>Total Fat</b>	19.00g
<b>Saturated Fat</b>	3.40g
<b>Fibre</b>	3.50g

