

# FUNKY FOOD

## Chick Pea and Sun-Dried Tomato Salad

By M.Timperley for GNW 8/1/18

### Ingredients

1-2 tins of chick peas

500g pumpkin (I used butternut and jap pumpkin)

4 large sweet potatoes

Olive oil

1T Smoked Paprika

### Sundried Tomato Dressing

¼ cup red wine vinegar

1 x 400ml tin diced tomato

2t garlic (minced) or 2 cloves chopped finely

1T brown sugar

Black pepper (1/4 teaspoon)

1 cup sundried tomatoes

1 cup char grilled capsicum strips

### Extra – to be stirred through once salad is together:

1 bunch of coriander (chopped)

### Method

1. Strain chick peas into a colander and then wash with cold water. Leave to drain.
2. Place drained chick peas in a large bowl.
3. Prepare roasting pans – line with baking paper. Grab a separate large bowl and place 1T of paprika and ¼ cup of olive oil in the bowl and mix together.
4. Peel and wash pumpkins and potatoes. Chop into 1 cm cubes. Place cubes into the paprika/oil bowl and toss through. Place in the roasting pans (they can be mixed together) and cook at 190°C for 60 mins, making sure you toss them around on the pan at 30 mins. If some are a little over cooked, this is okay as they caramelize with their natural sugars they produce.

5. In a saucepan add: red wine vinegar, diced tomato, garlic, brown sugar, pepper, sundried tomatoes, and capsicum. Bring to the boil and stir till boiling. Simmer for 10mins and then remove from heat. **Taste and see** if you like the tang of the vinegar and tomato and if it is too strong for your liking, add another 1T of brown sugar. Place back on heat till sugar dissolves. Remove from heat.
6. Pour tomato mixture into bowl of chick peas.
7. Remove pumpkin and potato and add to chick pea bowl.
8. Chop coriander and mix through salad.
9. Serve.

Other things I add: 1 cup of cranberries and 100g of goats cheese feta.

You can also add toasted nuts to this if you wanted to as well.

Mint also can be used with the coriander or just use mint instead of coriander