



French Cuisine

MADE SIMPLE

Protein-Rich Fresh Salad

Salade fraîche riche en protéines

 2-3 people

 10 mins prep time

 10 mins total time

 Easy

INGREDIENTS

- 1 can (265 g) drained **chickpeas**
- 1 cup (125 g) crumbled **feta**
- 1 **avocado** cut in chunks
- ½ **cucumber** thinly sliced and cut in quarters
- ½ small **red onion** minced
- 3-4 tbsp of **lemon juice** / apple cider vinegar
- 2-3 stems of chopped **fresh basil** (2 tsp dried)
- 4 tbsp **olive oil**
- ¼ tsp **cumin**
- 2 pinches of **cayenne pepper**
- **Salt and pepper**

*Feel free to double the recipe for a family



DIRECTIONS

1. Prepare all of the ingredients and mix together in a large bowl.
2. That's it! Serve next to some bread and cheese and enjoy!
3. This salad preserves for 5 days in the frig but it's best eaten in the first day or two.

Bon Appetit!
Emilie Anne

