

Chickpea Feta Salad, inspired by [Gordon Ramsay](#)

Olive Oil

1 can of chickpeas, drained and rinsed

Multicoloured peppers, sliced

1 red onion, thinly sliced

1 lemon, for zest and juice.

2 garlic cloves, minced

A dash of red pepper flakes

Sea salt

Pepper

Handful of Cilantro, chopped (Better if you have flat leaf parsley)

Tofu Feta Cheese (Or just the regular stuff)

Heat some oil in a pan, add onions and fry for a few minutes until soft. Add the garlic, peppers and let cook for a minute. Add the chickpeas, lemon juice and zest. Season with salt, pepper and chili flakes. Finally, add the cilantro and crumble on some feta.

<http://chungeats.blogspot.ca/2011/07/two-summery-salads.html>