Chickpea & Broad Bean Salad



[Ingredients](https://www.sanitarium.com.au/recipes/a-z/chickpea-and-broad-bean-salad" \l "ingredients)

* 500g frozen podded broad beans (use fresh if available or some fresh and some frozen)
* 2 x 400g can chickpeas, drained
* 1 small red onion, finely diced
* 2 garlic cloves, crushed
* 1 tablespoon cumin, ground
* 1 tablespoon coriander, ground
* 1 tablespoon paprika
* 1 tablespoon extra-virgin olive oil
* 1 tablespoon soy sauce, reduced-salt
* 2 lemons, juice only
* ½ cup pepitas/pumpkin seeds, toasted
* ½ cup parsley leaves, torn
* ¼ cup mint leaves, torn
* Salt, pepper

[Method](https://www.sanitarium.com.au/recipes/a-z/chickpea-and-broad-bean-salad" \l "method)

1. Cook the broad beans in a large pan of boiling water for 7 minutes, then drain and refresh under cold water. Drain again and slip off the grey skin from each bean.
2. Peel and dice red onion. Peel and crush garlic cloves. Juice lemons.
3. Toast pepitas in a frying pan until golden brown.
4. Wash parsley and mint. Remove leaves from stems and tear leaves into small pieces.
5. Mix everything together except the herbs and pepitas and leave to marinate for 20 minutes. Taste and adjust salt and pepper to taste.
6. Mix in the pepitas and the herbs then serve.