



Roast Veg & Chickpea Chicken Salad

(Serves 4)

This is one of those meals that feels grounding and generous. Warm roasted vegetables, creamy yogurt dressing, and simple, honest ingredients that do exactly what they're meant to do.

Ingredients

Roasted vegetables & chicken

- 450 g cooked chicken, shredded or sliced
- 1 head of cauliflower, cut into small florets
- 1 can (420 g / 15 oz) chickpeas, drained, rinsed, and patted dry
- 1 red bell pepper (capsicum), cut into chunks
- Olive oil, for drizzling
- Your favorite herbs and spices
- A generous pinch of salt
- A pinch of black pepper

Simple Yogurt Dressing

- 1½ cucumbers
- ½ teaspoon salt
- 1 tablespoon white wine vinegar (optional)
- 1¼ cups Greek yogurt (about 300 ml)
- ½ teaspoon freshly ground black pepper

How to make it

Preheat the oven to **200°C / 400°F**.

Place the cauliflower, chickpeas, and bell pepper on a baking tray or in a baking dish (line with parchment paper if it's not non-stick). Drizzle with olive oil, sprinkle over your herbs, spices, salt, and pepper, and toss gently to coat everything.

Roast for about **35 minutes**, until golden, tender, and slightly crisp at the edges.

While the vegetables are roasting, cook the chicken if needed, then shred or slice it.

Make the dressing: Grate the cucumber using a coarse grater. Sprinkle with salt and vinegar (optional), then let it sit for **5–10 minutes**. Squeeze out as much liquid as possible.

Mix the cucumber with the yogurt and season with freshly ground black pepper to taste.

To serve

Spoon the yogurt dressing into the bottom of your bowls (or drizzle it over the top). Add the warm roasted vegetables and chickpeas, then finish with the chicken.

Top with sesame seeds and extra parsley if you like.

Enjoy 🌿

This one keeps beautifully for leftovers, too.