



Lemony Leeks with Chickpeas and Feta

List of ingredients

3 large leeks, trimmed
250ml water
400g tin chickpeas, drained
75g feta, crumbled

Dressing

2 tablespoons oil
1 teaspoon runny honey
Juice and zest of 1 lemon
1 garlic clove, minced
Pinch of salt and pepper

Feeds 4 people as salad or 2 as a main dish.

How to cook the dish

1. Slice off the root end of the each leek, then cut the stalk into 5cm chunks on the diagonal. Use both the white and pale green part.
2. In a large frying pan or saucepan, heat the stock until simmering, add the leeks. Cover and simmer for 4-5 minutes.
3. Make the dressing. Combine all the ingredients except for the lemon zest.
4. When leeks are just tender, remove from the pan and arrange in a salad bowl. Add the chickpeas and the dressing.
5. Sprinkle with crumbled feta, lemon zest, and plenty of black pepper. Serve immediately.

Tip: Use cheddar cheese instead of feta.