



### ROASTED CHICKPEAS

Drain, rinse and dry

Add oil and salt

Roast for 20mins @ 180deg



## Quick Nutritious Food Hacks



Beans are so versatile...  
...on toast, in baked potato, as a  
vegan bolognese or simply on their  
own



Combine a tin of vegetable soup  
with pasta for a quick minestrone!



### MEXICAN SALSA

Dice 1/2 onion

Mix together with can of chopped tomatoes and sweetcorn  
Add juice of lime/lemon and season to taste  
Serve with crisps, chips or toast

