THE LIGHTER PLATE METHOD

Green Goddess Chickpea Salad Wrap

A five-minute lunch that's genuinely filling thanks to a mashed chickpea and yoghurt filling.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
12 min	**0 min**	**12 min**	**2**	**EASY**

Ingredients

- 1 x 400g tin chickpeas (drained)
- 3 tbsp Greek yoghurt
- 2 spring onions (finely sliced)
- 0.5 cucumber (diced)
- 1 lemon (juiced)
- 2 large wholemeal wraps
- 1 handful baby spinach leaves

Method

1. Tip the chickpeas into a bowl and roughly mash with a fork, leaving some texture.
2. Stir through the yoghurt, spring onion, cucumber and lemon juice, then season well.
3. Warm the wraps briefly if you like, then divide the spinach and chickpea mixture between them.
4. Roll up tightly, slice in half and serve.

Tips & swaps

- Swap chickpeas for butter beans for a creamier filling.
- Use a gluten-free wrap to make this coeliac-friendly.

Storage & reheating

The chickpea filling keeps in the fridge for 2 days — assemble the wraps just before eating so they don't go soggy.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
380	**16g**	**52g**	**11g**	**10g**

Estimated values, for guidance only. Contains: Milk, Gluten.