THE LIGHTER PLATE METHOD

Warm Chickpea, Chorizo & Prawn Salad

Smoky chorizo oil is the whole point here — it coats the chickpeas and prawns in something you'll want to mop up.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**15 min**	**25 min**	**4**	**EASY**

Ingredients

- 100 g cooking chorizo (diced)
- 400 g raw king prawns (peeled)
- 2 x 400g tins chickpeas (drained and rinsed)
- 2 handfuls baby spinach
- 2 cloves garlic (sliced)
- 1 lemon (juiced)
- 1 small handful flat-leaf parsley (chopped)

Method

1. Fry the chorizo in a large dry pan over a medium heat for 4 minutes, until it releases its red oil and turns crisp at the edges.
2. Add the garlic and chickpeas and cook for 3 minutes, stirring to coat everything in the chorizo oil.
3. Push to one side, add the prawns and cook for 2–3 minutes, until pink and just cooked through.
4. Stir through the spinach until just wilted, then squeeze over the lemon juice and season.
5. Scatter with parsley and serve warm.

Tips & swaps

- Swap the chorizo for smoked paprika and a little extra olive oil to make this dairy-free and lighter on saturated fat.
- Good with crusty bread to catch the juices.

Storage & reheating

Best eaten fresh — prawns toughen on reheating.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
360	**30g**	**24g**	**16g**	**7g**

Estimated values, for guidance only. Contains: Crustaceans.