

Chickpea Za'atar Salad

Serves 4

1 cup / 240 ml raw chickpeas / garbanzo beans

1 cup / 240 ml raw wheat berries, preferably freekeh (green wheat berries, buy in middle eastern store) or use kamut, spelt berries or barley

2 aubergines / eggplants

2 tbsp cold-pressed olive oil or coconut oil

1 tsp cumin seeds

1 tsp ground sumac (buy in middle eastern store)

4 tomatoes

1 handful fresh flat-leaf parsley

2 tbsp cold-pressed olive oil

1/2 lemon, juice

2-3 tbsp Za'atar spice blend (recipe below)

1/2 cup (150 g) goat's cheese, crumbled

Soaking and cooking chickpeas / wheat berries: Place chickpeas and wheat berries in two bowls, cover with twice as much water and let soak overnight. Rinse and drain, place in two cooking pots, cover with water twice the amount of chickpeas/berries, add a pinch of salt and pepper and cover. Bring to a boil, then remove the lid, lower the heat and let simmer for approximately 1 hour. Test to see if tender. It may vary in the cooking time. Drain and allow to cool.

Roasting the aubergine: Preheat the oven to 200°C / 400°F. Cut the aubergine into 1/2-inch / 1 cm squares. Place on a baking tray, drizzle with olive oil, sumac and cumin seeds and toss with your hands so every aubergine are lightly coated in oil and spices. Bake in the oven for around 20 – 30 minutes or until golden and soft.

Making the salad: Mix cooked chickpeas, cooked wheat berries, roasted aubergine, tomatoes, parsley, olive oil, lemon juice and Za'atar in a large serving bowl. Toss with your hands until well combined, sprinkle with goat's cheese. Serve.

<http://www.greenkitchenstories.com/chickpea-zaatar-salad/>