



Chick Pea Salad

NIBBLEDISH CONTRIBUTOR

Ingredients

1 Can Chick Pea, drained
1 Can Tuna (dolphin free please)
1 Onion, diced
1 Red & Yellow Capsicum, diced
1 Stoke Celery, diced
4 Cloves Garlic, sliced
Parsley, chopped
8 tbsps Mayonnaise (preferably Kewpie)
Pepper & Salt

Instructions

Do you have one of those days when you feel like sitting in the couch all day and just indulge yourself in food, food and more food!?

I do, occasionally and if I have a bit of sanity left, I always choose this one because you can eat all you want and next day you don't regret it! Actually you will be happy and proud that you binged on a detox menu!

First, combine all the chopped ingredients into a large bowl and add mayo and olive oil and stir. If you don't like the raw onion's sharpness and smell, soak them in a water for a minute or two, it will do the job. You can also add a can of sweet corn to bring mildness to the taste.

The reason why I do not add the tuna and the chick peas is because they tend to absorb the mayo and oil really quickly, forcing you to add more and more of those fattening grease.

Once the vegetables are coated, add tuna, chick peas, salt and pepper and toss them all together.