

# Wedge Salad with Chickpeas & Truffle Feta

I am nobody's vision of health. Far from it. But I'm human and I know what it's like to be the right side of the wrong scales. Even the fit, skinny people complain about putting on weight. Damn them. But sometimes, a bit of refinement is all it takes to eat a little better.

I always avoid words like 'health foods' and 'diet'. I'd rather say I'm '*making better decisions*'. This salad is one of those decisions. My mother introduced me to a wedge salad by slicing a big honking head of lettuce into quarters and then loading it with thick, creamy blue cheese sauce. Cheers Mam.

This is a '*better decisions*' version that still retains the same structure. There's a spiky creaminess to the sauce and crumbly salty feta which rounds out the moreishly bitter crunch of the chickpeas.

Makes 1 salad

1 x 400g of chickpeas  
(about 240g when  
drained)

1 lemon

1 head of Romaine  
lettuce

50ml coconut yogurt

1 tbs cider vinegar

1 tsp truffle oil

100g feta

Preheat the oven to 200C.

Drain the chickpeas, pat dry and add to a roasting dish. Drizzle over a tiny bit of olive oil before grating over the zest of the lemon. Add a little salt and pepper and slide into the oven for 15 minutes.

Halve the Romaine lettuce and sit on a plate. In a jug, mix together the yogurt, vinegar, oil and a twist of some fresh black pepper and leave to one side.

Crumble the feta over the baby gems.

After the 15-minute roasting time, take the chickpeas out of the oven and scatter a handful (not an actual hand, don't burn yourself) over the wedge.

Save the leftover chickpeas for another salad on another day.

Dribble over the yogurt dressing and serve. To yourself. One should always serve oneself.

