

RECIPE | CUCUMBERS

# SAVORY CUCUMBER YOGURT BOWL



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## INGREDIENTS

### Cucumber & Melon Salad:

- 1 lb Pure Flavor® Gourmet Mini Cucumbers
- 1 small honeydew melon
- 2 cups plain Greek yogurt
- 1 avocado
- 6 radishes
- ½ head of romaine lettuce
- 2 celery stalks
- 1 spring onion
- 10-15 fresh mint leaves
- Juice of ½ lemon
- 1 tbsp olive oil

### Spiced Warm Chickpeas:

- 1 can chickpeas
- ¼ – ½ cup olive oil
- 2 tbsp sunflower seeds
- 1 tbsp sesame seeds
- 2 tsp fennel seeds
- 1 tsp coriander seeds
- 1 tsp cardamom seeds
- ½ tsp sea salt
- ½ tsp ground cayenne
- ½ tsp ground cumin
- ½ tsp ground paprika

## DIRECTIONS

1. Cut cucumbers and melon into bite-sized pieces. Finely slice spring onion, celery and mint leaves. Cut the avocado into cubes. Trim the radishes and thinly slice them. Chop the romaine lettuce. Place all prepared ingredients in a mixing bowl, squeeze lemon juice over them. Drizzle with olive oil, toss ingredients and set aside.
2. Add all seeds and spices (except the ground spices) to a dry skillet, heat gently, constantly stirring. When the spices start to smell fragrant, put them into a mortar and give them a few bashes with a pestle. Transfer the seeds and spices back to the skillet and add oil, ground spices and chickpeas on low heat for 2-3 minutes. Stir to combine. When the chickpeas are warm and covered in spice mixture, remove from heat.
3. Dollop the yogurt into 4 bowls. Arrange the salad on one side of the yogurt and the spiced warm chickpeas on the other side. Drizzle a little extra oil on top. Enjoy immediately while the chickpeas are still warm.



### TOTAL TIME

20 minutes

### PREP TIME

15 minutes

### COOK TIME

5 minutes

### SERVES

4

### COOKING LEVEL

Easy