



## 10 Day Alkaline Challenge

### Menu Plan - Day 9 - Recipes

#### Lunch

#### Chickpea & Pepper Salad - Serves 2

##### INGREDIENTS:

- 2 tsp olive oil
- 1/2 tsp freshly squeezed lemon juice
- small pinch of sea salt & pepper
- 300g tinned chickpeas, drained
- 2 handfuls spinach leaves
- 1 red pepper, de-seeded & chopped
- 50g sweetcorn, cooked
- 1 tbsp fresh coriander, chopped
- 1 tsp paprika
- 1 tbsp chai seeds
- 1 tbsp pumpkin seeds



##### METHOD:

1. Mix the olive oil, lemon juice and salt and pepper together to create a light dressing and place to one side
2. Toss the chickpeas, red pepper and sweetcorn in a bowl together
3. Stir in the coriander, paprika and seeds
4. Pile on top of the spinach leaves and drizzle over the pre-prepared salad dressing
5. Garnish with a small sprig of coriander

**NOTE:** Chickpea's make a fantastic base for a filling salad, while red peppers are an excellent source of Vitamin C