



CHICKPEAS WITH BLACK PUDDING IN GARLIC & PARSLEY

Serves 4

Ingredients

1*400g tin Chickpeas

150g Black Pudding, fried & coarsely chopped

10g Pine Nuts

25g Sultanas (soaked in hot water for 15mins then drained)

2 tbsp Finely Chopped Fresh Parsley

1 Clove Garlic, Finely Chopped

½ Large Onion

Olive Oil

Method

- Put 2 tbsp olive oil in a saucepan over a low heat, sauté the onion until tender then add the garlic, parsley, sultanas and pine nuts and mix.
- Add the black pudding and chickpeas and heat through, stirring all the time. Season with salt and pepper. Transfer to a serving platter, drizzle with olive oil and serve at once.