# Smashed Chickpea Bruschetta

Cook time: 5 minutes
Servings: 1

## Ingredients

- 125g can chickpeas, rinsed, drained
- 1 tsp fresh lemon juice
- 1 tsp tahini
- 50g cherry tomatoes, quartered
- 1 tbsp chopped fresh continental parsley
- 1/2 tsp extra virgin olive oil
- 1 slice wholegrain bread, toasted
- Lemon wedge, to serve

## Method

- Place chickpeas in a small bowl with the lemon juice and tahini.
- Mash with a fork, leaving some texture. Season.
- Combine tomatoes, parsley and oil.
- Spread chickpea mixture over toast.
- Top with tomato salad.
- Serve with a lemon wedge

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