

# Now you can make your own Pret Salad Sandwich



## PRET SALAD

**Two slices of good, fresh, unbuttered brown or granary bread**

**2 rings of red onion**

**2 rings of red pepper**

**2 rings of yellow pepper**

**A handful of fresh mixed lettuce leaves**

*(We use iceberg, frisee and lollo rosso. You can also try cos, swiss chard, rocket or baby spinach.)*

**2 heaped tablespoons of humous**

*(See method below.)*

*For the humous:*

**300g of cooked chickpeas**

**A small garlic clove, crushed**

**30g of tahini or sesame seed paste**

**90ml of olive oil**

**20ml of water**

**Juice of half a lemon**

**A pinch of ground cumin**

**Sea salt and coarse-ground black pepper**

## PREPARING THE FILLING

1. Put the humous ingredients in a food processor and whizz until smooth. Season to taste with sea salt and coarse-ground black pepper.

2. Peel the onion and cut a 3mm slice – our chefs have a special electric slicer to get it perfect every time, but you might need a bit of guesswork.

3. Cut the top and the stalk off both peppers and discard. Cut two slices across the width of each – we like to get ours precisely 7mm thick.

## MAKING THE SANDWICH

1. Spread a generous spoonful of humous edge to edge on both bits of bread (we call this ‘picture perfect’).

2. Arrange onions, red peppers and yellow peppers on the bottom slice, and season with sea salt and pepper.

3. Put a handful of fresh lettuce on top of the onion and peppers.

4. Put the lid on and cut the sandwich in half diagonally with a sharp knife.



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