



CHICKPEA SALAD



PREP: 15 MINS



20 MINUTES



SERVES 4

INGREDIENTS

- 1 Tin Boiled chickpeas
- ½ tsp Mustard seeds
- 1 tsp Urad dal
- 2-3 Dried red chillies
- 1.5 Tbsp Curry leaf
- ½ tsp Oil
- 1 Chilli powder
- ½ Red Onion
- 1 Pinch Grated Carrot
- Salt to Taste
- Asafoetida (optional)

PREPARATION

Wash chick peas from the tin few times, drain and keep it aside. Grate the carrots,

INSTRUCTIONS

Heat oil in a pan to this add mustard seeds, when it splutters, add urad dal, dried red chillies, curry leaves and asafoetida mix well and fry till urad dal becomes golden in colour. Add the chickpeas mix mix and add chilli powder and salt. Toss it all together, finish it off by adding fresh shredded coconut. Top it off with diced onion and grated carrots dont mix till just before serving this is to avoid cooking them.

TIP

This salad can be served cold or hot.

In season you can add diced fresh cucumber, raw mango or fresh pomegranate.

You can make salad with brown chickpeas, red kidney beans following the same process.

