



The Gathered Green

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MANGO SALAD WITH ROASTED CHICKPEAS & ASPARAGUS

Thank you to food52.com for this recipe and picture.

Serves 2 to 3 as a main, or 4 to 6 as a side

Ingredients

- 1 bunch of fresh asparagus, diced
- 1 small sweet potato, chopped
- 1 can chickpeas, rinsed and drained
- 1 teaspoon smoked paprika
- Salt and cracked pepper
- 50 grams of garden peas (optional)
- ½ mango, peeled and sliced
- 2 tablespoons fresh parsley, chopped
- 1 teaspoon fresh red chillies, finely chopped
- 50 grams of salad greens, chopped
- 2 tablespoons toasted slivered almonds
- Olive oil and balsamic vinegar





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Method

To prepare asparagus use a large frying pan over medium-high heat and stir-fry for approximately 2 to 3 minutes. Remove from pan and set aside to cool.

Heat a teaspoon of coconut oil in the pan and cook the sweet potato until just tender. Reduce the heat and add the chickpeas, smoked paprika, salt and cracked pepper. Cook for about 5 minutes. Add frozen garden peas if desired and cook until tender.

Use a large bowl and gently combine mango, fresh parsley, fresh chilli and salad greens. Add the asparagus, sweet potato and chickpea mixture to the bowl.

Mix gently and season with salt and cracked pepper.

Transfer to a smaller salad bowl. Sprinkle with almonds and drizzle with extra virgin olive oil and balsamic vinegar.

Enjoy!

Jane

