

Curried Chickpea Salad

Serves: 5

Prep time: 10 minutes

Cook time: 15-20 minutes



1 ½ serves per portion

Ingredients

Salad:

2 cans chickpeas, drained and rinsed

1 tablespoon olive oil

½ cup chopped spring onions

1 cup spinach, chopped

½ small bunch coriander, chopped

1 red capsicum, chopped

½ cup sultanas

⅓ cup cashews, chopped

Dressing:

1 tablespoon olive oil

½ lemon, juiced

2 teaspoons apple cider vinegar

1 tablespoon curry powder

1 ½ tablespoons tahini

Method

PREHEAT oven to 200°C.

DRAIN and rinse chickpeas and place onto lined baking tray. Drizzle with olive oil and roast in oven for 15-20 minutes.

PLACE remaining salad ingredients into a large bowl.

MIX olive oil, lemon juice, apple cider vinegar and curry powder in a small jar until combined, then drizzle in the tahini until the desired consistency has been reached. Mix well.

DRIZZLE dressing over salad ingredients and toss before serving.



Everyday Food

Recipe courtesy of the Country Kitchens team