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Curried Chickpea Salad Recipe

Preparation time 10-15 mins

(If preparing from dried chickpeas then soak overnight and follow instructions below)

This recipe is good for 3-4 servings

What you will need;

- 1 cup of dried chickpeas soaked overnight and cooked or 800g canned chickpeas drained (2 x 400g cans pre cooked)
- 2tbs Vegetable cooking oil (Sunflower ideal)
- 1/2 Jar ollo foods 'Mild Curry Sauce' or 'Goan Curry Sauce'
- 200g fine chopped fresh tomato
- 70g fine chopped red onion or shallot
- Juice of 1-2 limes
- 105g fresh garden mint chopped fine
- 40g coriander chopped fine
- 10g sugar
- 1 ½ tsp of Salt or to taste
- 1-2 Finely chopped green chillies (optional but recommended)

Preparation & Cooking

If you are using dried chickpeas, you will need to soak them for at least 8 hrs (overnight). If you have a pressure cooker then place the soaked chick peas in sufficient water to cover them, add 1 tsp bicarbonate of soda and cook on pressure for 1 minute.

In a suitably sized pan add the oil and on a high heat fry the curry sauce for 2-3minutes. Add the drained chickpeas and gently mix to avoid breakage. Allow to cool to room temperature. Once sufficiently cool, transfer to a dish and add the remaining ingredients, gently mix. Serve in a dish with a garnish of slices of lemon or lime and a sprinkle of fresh herbs.