



Aaron's Hill, Godalming, Surrey, GU7 2LJ
email: hello@ollofoods.com

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 400g soaked overnight and cooked or 800g canned chickpeas drained (2 x 400g cans pre cooked)
- Regular Black Tea Bag for cooking the chickpeas.
- 2tbs Vegetable cooking oil (Sunflower ideal)
- 1/2 Jar ollo foods 'Mild Curry Sauce' or 'Goan Curry Sauce'
- 200g fine chopped fresh tomato
- 100g fine chopped red onion or shallot
- Juice of 2 limes
- 20g fresh garden mint chopped fine
- 40g coriander chopped fine
- 15g granulated sugar
- 1 ½ tsp of Black Salt (recommended) or Table Salt 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 with tea bag and cook on pressure for 1 minute. Non pressure cooking instructions are to boil with the bicarb of soda and 1 tea bag until tender.

In a suitably sized pan add the oil and on a high heat fry the curry sauce for 2-3minutes. Turn off the heat and then add the drained chickpeas. Transfer to a dish and add the remaining ingredients, gently mix. Garnish of slices of lemon or lime and a sprinkle of fresh herbs.