



Chana Chaat Chickpea Salad

Ingredients

- 2 tablespoons Maggi Tamarind Sauce
- 240 g tinned chickpeas, (drained weight 240g)
- 1 teaspoon Garam Masala
- 2 heads gem lettuce heads
- 0.5 cucumber, diced
- 400 g new potatoes, cooked and cut into halves
- 200 g cherry tomatoes, varying colours, cut into halves
- 100 mg Greek Yogurt
- 0.5 red onion, finely diced
- 15 g mint, leaves finely chopped
- 1 bunch coriander leaves
- 2 teaspoons Bombay Mix

Instructions

1. Heat a frying pan over a medium heat. Add the chickpeas and toss in the chaat masala (or garam masala) until well coated. Fry for 3-4 minutes until the chickpeas are tender, watch that the spices do not burn. Transfer to a plate and leave to cool.
2. Break off the outer leaves of the gem lettuce and arrange on the edges of a large serving plate. Shred the hearts of the lettuce and add them to the lettuce leaves on the plate along with the diced cucumber, halved new potatoes halved cherry tomatoes.
3. Scatter over the cooled chickpeas on the salad. Dollop on the yoghurt and drizzle over the Maggi Tamarind Sauce.
4. Sprinkle on the red onion, mint, pomegranate, sev (or Bombay mix) and coriander leaves and serve immediately.

Nutrition

Carbohydrate	44.97 g
Energy	239.16 kcal
Fat	3.41 g
Fibre	15.67 g
Protein	12.31 g
of which: saturates	0.42 g
Sodium	172.82 mg
of which: sugars	10.28 g

25 Minutes

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