

Chickpea & Mango Salad



A vibrant and refreshing salad featuring tender chickpeas, crisp celery, sweet mango, and colourful bell peppers, all tossed in a creamy coconut-lime dressing with a hint of maple sweetness. A perfect balance of tropical and earthy flavours!

Ingredients

- 2 x 540 ml cans chickpeas, drained and rinsed
- 2 tbsp red wine vinaigrette
- 1 x 400 ml can coconut milk
- 1 tbsp whole grain mustard
- 1 tsp salt
- 1 tbsp lime juice
- 4 tbsp maple syrup

- 100 g each of finely chopped celery, julienned sweet bell peppers, and julienned dried mango
- Chives or green onions, finely chopped (for garnish)
- ¼ tsp salt and freshly ground pepper, to taste



Instructions

1. Prepare The Dressing

- In a mixing bowl, whisk together:
 - 1 cup of Coconut Milk
 - 2 tbsp Red Wine Vinaigrette
 - 4 tbsp Maple Syrup
 - 1 tbsp Lime Juice
 - Salt to taste
 - Black pepper to taste

3. Combine Ingredients

- Gently mix together in a large bowl:
 - 1 ½ cups of chickpeas
 - 2 stalks chopped celery
 - 1 cup julienned bell peppers (red, yellow, green)
 - ½ cup dried mango chopped

4. Toss With Dressing

- Pour the prepared dressing over the salad ingredients.
- Toss until everything is evenly coated.

5. Garnish and Serve

- Top with fresh chives or green onions.
- Serve immediately and enjoy!

Serves 4

