Lunch, Indian

Zesty Sprouted White Chickpea Salad

Boiled sprouted kabuli chana is paired with crisp onions, juicy tomatoes and fresh herbs, then chilled and tossed with a tangy spiced lemon dressing just before serving. It works well as a light snack or a refreshing side.



Vegetarian

40 min	146	21.3 g	10.2 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 tbsp lemon juice
- [ ] 2 tsp roasted cumin seeds (jeera) powder
- [ ] 1 tsp chaat masala
- [ ] 2 tsp finely chopped green chillies
- [ ] 2 tsp olive oil or
- [ ] 2 tbsp finely chopped coriander (dhania)
- [ ] salt (namak) to taste
- [ ] 11/2 cups sprouted kabuli chana (white chick peas) , boiled
- [ ] 1/2 cup sliced onions
- [ ] 1/2 cup sliced tomatoes
- [ ] 2 tbsp finely chopped spring onion greens
- [ ] 1/4 cup finely chopped mint leaves (phudina)

Nutrition Facts

Per serving

Calories	**146**
Total fat	4.3 g
Saturated fat	Not listed
Sodium	11 mg
Total carbs	21.3 g
Fiber	9.5 g
Total sugars	10.2 g
Protein	5.8 g

Method

- [ ] **1** Put the sprouted kabuli chana in a pan of water and let it boil for 15 to 20 minutes, then drain off the water and reserve the chana.
- [ ] **2** To make the dressing, take 2 tsp of olive oil in a bowl and whisk in 1 tbsp of lemon juice along with the roasted cumin seeds (jeera) powder, chaat masala, the finely chopped green chillies, the finely chopped coriander (dhania) and salt to taste.
- [ ] **3** Give the dressing a thorough stir and leave it to one side until needed.
- [ ] **4** To assemble, pile the boiled sprouted kabuli chana into a serving bowl and scatter the sliced onions, sliced tomatoes, finely chopped spring onion greens and finely chopped mint leaves (phudina) over the top.
- [ ] **5** Cover the serving bowl with cling wrap and place it in the refrigerator until you are ready to serve.
- [ ] **6** Right before serving, pour the reserved dressing over the salad, toss so every piece gets coated, and let it sit for 10 minutes or more so the flavours have time to develop.

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