



# Curried Chickpea and Mango Salad

This healthy salad is the perfect accompaniment to a braai or picnic, but also serves well as a meal on it's own. Just add some pan fried chicken breasts or left over roast chicken, if you are not happy with a meat free supper.

It also refrigerates well, so leftovers can serve as a healthy lunch option at work.



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## Ingredients

- 1 small cauliflower, broken into florets
- Olive oil
- 1 tsp coriander seeds
- ½ tsp cumin seeds
- 1 tsp black mustard seeds
- 1 tsp curry powder
- ½ tsp ground turmeric
- ¼ cup canola oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 tsp fresh ginger, minced
- 2 tsp honey

1 can chickpeas, drained  
1 cup cooked quinoa/bulgur wheat/sorghum/couscous  
1 large mango, diced into 1cm cubes  
1 medium-hot chilli, deseeded and finely chopped  
1 red pepper, finely chopped  
1 handful each coriander and mint, chopped  
Juice of 1 lime  
Salt and pepper to taste  
Pomegranate seeds and micro herbs for garnish

### Method

1. Preheat oven to 180°C.
2. Rinse the cauliflower florets and toss in olive oil. Season with salt and pepper and roast in oven until golden, soft and sweet.
3. Meanwhile, dry roast the coriander, cumin and mustard seeds in a pan until they begin to pop. Remove from heat and grind/crush to a powder. Add to the curry and turmeric, and set aside.
4. Heat the oil in the same pan and sauté the onions until golden. Add the garlic, ginger, honey and spice mix and continue cooking for another 5 minutes, until the onion is soft.
5. In a large bowl, combine the chickpeas and your grain of choice (or combination of grains) with the onion mix. Add the cauliflower and any of the pan juices. Allow to cool.
6. Add the rest of the ingredients and mix well. Season to taste and garnish with micro-herbs and pomegranate seeds.

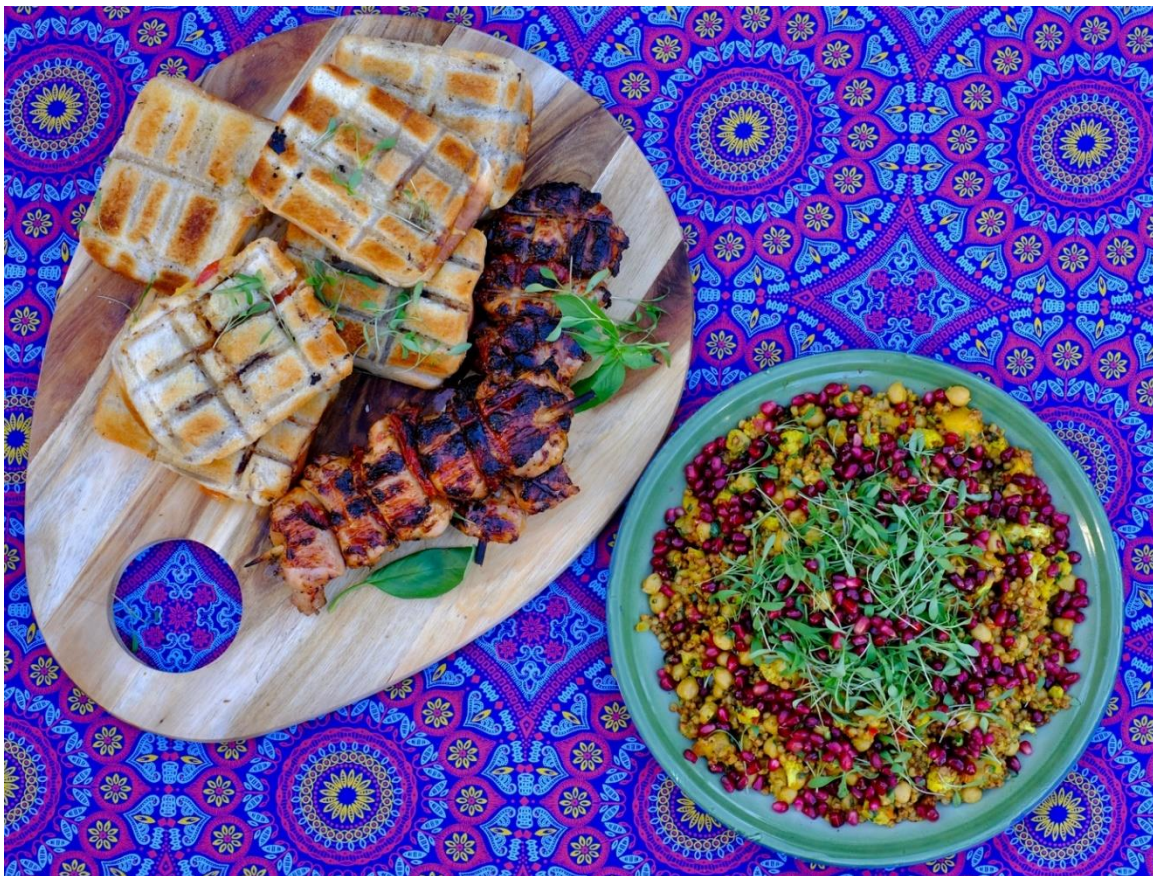


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