

**CURRIED CHICKPEA SALAD**

This flavorful curried chickpea salad is packed with fresh herbs, veggies, and raisins for the perfect healthy meal or side dish.

 5 portions**INGREDIENTS**

- 3 tbsps of tahini (42 g)
- 1.5 tablespoons of olive oil, (20 g)
- 2 tbsps of maple syrup (40 g)
- juice from 1/2 lemon (24 g)
- 2 tsps of apple cider vinegar, (10 g)
- 1 tbsp of curry powder (6 g)
- 1 tsp of turmeric, ground (3 g)
- 2 drained cans of chickpeas (506 g)
- 1 bunch of coriander, diced (8 g)
- 1 capsicum, chopped (119 g)
- 1/2 cup of raisins, (73 g)
- 1/3 cup cashews (45 g)

COOKING METHOD

- 1° Whisk together all dressing ingredients in a small bowl or blender
- 2° Place salad ingredients in a large bowl. Add dressing and toss to combine.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (179 g)	% DRI
ENERGY	200 kcal	358 kcal	18 %
FAT	9 g	16 g	25 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	12 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	144 mg	258 mg	11 %
CARBOHYDRATE	26 g	47 g	16 %
SUGARS	11 g	20 g	—
FIBER	5 g	9 g	37 %
PROTEIN	6 g	11 g	—