



bit spicy

Spicy Chickpea and Tomato salad

This tasty salad uses our [Chaat Masala](#) blend. You can substitute ground cumin or garam masala if easier. It makes a spicy vegan lunch for 2 or a side dish for 4, and can easily be prepared in larger quantities.

- 1 can chickpeas (or 300g, cooked)
 - 1 red onion, finely chopped
 - 2 cloves garlic, crushed
 - 2 tbsp olive oil
 - 1 tsp chaat masala
 - 1 mild chilli, finely diced (any colour)
 - 2 large tomatoes, diced
 - splash of lemon juice, to taste
 - 1 tbsp chopped mint
1. Heat the oil in a pan and gently fry the onion and chilli until soft. Stir in the garlic and cook for a few minutes.
 2. Add the chickpeas and lemon juice and heat through for 5 minutes before removing from the heat. Chill for later or keep at room temperature.
 3. When ready to serve, stir in the tomatoes and mint and season to taste.