

This is a great filling lunch salad or a spiced salad to grace your picnic or BBQ table. Use your favorite Monsoon Coast blend. We love Moghul Curry, Punjabi Garam Masala, Ras el Hanout, Monsoon Balti and Mahavira's Feast as they really complements the wonderful chickpea. For a fiery version, try our Durban Curry, Tobago Habanero Curry, Goan Vindaloo, Tunisian Harissa or Rose Harissa.

1 TBL apple cider vinegar or lemon juice

2 tsp maple syrup

¼ cup good olive oil

2 tsp your Monsoon Coast spice

½ tsp salt or to taste

2 tsp cumin seeds, toasted (optional for a crunch)

2 regular cans chickpeas, rinsed and drained.

2 tsp capers

1 roasted or fresh red pepper, chopped

1 tomato, chopped

½ cup red onion, chopped

2 TBL parsley or cilantro, chopped

1 - In a large bowl, mix first five ingredient and whisk.

2 - Add the rest of the ingredients and toss gently. Adjust seasoning.

3 - It is advisable to let sit for at least 30 minutes for flavours to blend and settle.

Moghul Curry
Punjabi Garam Masala
Ras el Hanout
Monsoon Balti
Mahavira's Feast
Durban Curry
Tobago Habanero Curry
Goan Vindaloo
Tunisian Harissa
Rose Harissa