

## MANGO, CHICKPEA AND QUINOA SALAD



### INGREDIENTS

- 1 x 432g can **Princes Mango Slices with Juice**
- 400g can chickpeas, drained and rinsed
- 1/2tsp cumin seeds
- 1/2tsp ground turmeric
- 80g whole almonds
- 250g pack pre-cooked red & white quinoa
- 1 small red onion, finely sliced
- 2tbsp olive oil
- 2tbsp cider vinegar or white wine vinegar
- Salt and freshly ground black pepper
- 100g young spinach leaves

 Serves  
4

 Prep  
15 minutes

 Cooking  
5 minutes

Bursting with flavour and good-for-you ingredients, this spicy mango salad will soon become a favourite.

#### Cooks Tips:

This recipe is ideal for packed lunches – simply pack into separate lunch boxes and keep refrigerated for up to 4 days. For a change, use microwavable brown rice instead of quinoa.

This recipe uses a pack of pre-cooked quinoa to make things simple and cut down on cooking time – though you could cook it from scratch.

	Calories	Sugars	Fat	Saturated Fat	Salt
270g	385	12g	20g	2.1g	0.3g
R1%	19%	13%	29%	11%	5%

### METHOD

1. Drain the can of mango and chop the slices into chunks. Set aside.
2. Tip the chickpeas into a large frying pan and dry-fry for 2 minutes. Add the cumin seeds, turmeric and almonds and continue to dry-fry for another 2-3 minutes to toast the chickpeas and almonds slightly. Remove from the heat.
3. Prepare the quinoa according to pack instructions. (This is best if heated in a saucepan with a little water for 1-2 minutes). Drain and combine with the chickpea mixture. Cool completely.
4. Meanwhile, put the onion into a bowl with the olive oil and vinegar. Season with salt and pepper.
5. Arrange handfuls of spinach onto 4 serving plates. Stir the mango pieces and onion mixture through the chickpeas



and quinoa, then share between the plates. Serve at once.