

R e c i p e

# CHICKPEA & MANGO CHIPOTLE SALAD



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Recipe: CATHERINE FRAWLEY

## INGREDIENTS

- 2x400 g Tins of Chickpeas, drained
- ½ a cucumber, cubed
- 1 Mango, cubed
- 10 baby tomatoes, cut in half
- 5 tbsp Chipotle sauce
- Salt & Pepper to taste
- 2 handfuls of mixed leaves, rocket, watercress and baby spinach



TIME  
10 min



SERVING  
4-6



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- STEP 1** Add the chickpeas, cucumber, mango and tomatoes to a large serving bowl.
- STEP 2** Add the Chipotle sauce and seasoning, mix until everything is coated. Gently stir in the mixed leaves add a little more seasoning and serve.