

Spiced Chickpea And Beluga Lentil Salad

Ingredients:

Difficulty: Easy
(serves 8-10)*

2 tbsp olive oil
4 cans chickpeas, drained (4x230 gr net weight)
2 tbsp ground paprika
1 tbsp garlic powder
1 tbsp ground cumin
1 tbsp dried oregano
1.5 tsp salt plus more to taste in the end
3 dl + 5 tbsp (or 1 1/2 cups)(dry measurement) beluga lentils, cooked for 30 minutes in a pot with water three times the lentil measurement, then drained after cooking
2 medium carrots, peeled and grated (90 gr grated measurement)
1 red bell pepper, diced (100 gr final measurement)
1/2 cucumber, diced (145 gr final measurement)
a handful of fresh basil, chopped
a handful of fresh mint, chopped
2 tbsp kalamata olive oil (or another olive oil you like)
juice of 1 lemon

*You can divide all the measurements in half for a smaller portion.

Note: I'm using the conversion chart in this link for the measurements:

<https://www.thespruceeats.com/metric-conversions-for-cooking-2355731>

Instructions:

1. In a large pan, put the first 7 ingredients above on medium-high heat. Stir-fry the chickpeas for a few minutes until all the pieces are covered with spices and oil. Take away from the heat when ready. You don't need to keep the chickpeas on the heat for too long as they are already cooked.
2. Put cooked lentils and spiced chickpeas in a large salad bowl and mix well.
3. Add carrots, bell pepper, cucumber and fresh herbs and mix well.
4. Add kalamata (or another type) olive oil and lemon juice. Mix well. That's it! Enjoy!