

# CHICKPEA, BROCCOLI SLAW AND COCONUT SALAD

*Start to finish: 30 minutes*

*Serves: 2*



## INGREDIENTS:

1 tablespoon extra-virgin olive oil  
1/2 teaspoon mustard seeds  
1/2 red onion, sliced  
1/4 fresh green chili pepper, minced (optional)  
1/4 teaspoon red chili flakes  
1/2 of 15 1/2 oz can chickpeas, drained and rinsed well  
1/2 teaspoon salt  
1 tablespoon shredded coconut, fresh, frozen, or dried (optional)  
1 cup broccoli slaw (store bought)  
1/2 apple, cored and cut into strips  
1/2 Asian pear, peeled, cored and cut into thin strips (optional)  
2 cups baby salad greens  
2 tablespoons basic vinaigrette of your choice  
1 tablespoon chopped coriander leaves, plus sprigs to garnish

## DIRECTIONS:

Heat the oil in a small skillet over medium heat. Add the mustard seeds and sauté for 30 seconds until the mixture splutters, and then add the onions, green chilies, and red chili flakes, and sauté for another minute. Add the chickpeas and salt and sauté for another minute or 2, and then remove from the heat. Let it cool in the refrigerator for 5 to 10 minutes.

Add the coconut, broccoli slaw, Asian pear if using, apples and vinaigrette. Toss to mix all the salad ingredients together and check the seasoning. Add the chopped coriander and mix well. Serve cold, garnished with coriander sprigs.