



# MANGO CHICKPEA SALAD



SERVES: 2-4 | PREP TIME: 1H | COOK TIME: 10M

DAIRY FREE VEGAN VEGETARIAN

## INGREDIENTS:

- ¼ Cup Crofter's Organic Premium Mango Fruit Spread
- 1 Large Mango (Diced)
- 1 Red Pepper (Diced)
- ½ Red Onion (Diced)
- 3 Small Tomatoes (Diced)
- 1 Jalapeno Pepper (Diced)
- ¼ Cup Parsley (Finely Chopped)
- 3 Cups Canned Chickpeas (Drained & Rinsed)
- ¼ Cup Olive Oil
- 1 Tsp Ground Cumin
- 1 Tsp Ground Coriander
- 1 Tsp Fennel Seeds
- 1 Garlic Clove (Finely Diced)
- ½ Tsp Ground Turmeric
- 2 Tbsp Maple Syrup

## DIRECTIONS:

1. Begin by prepping the vegetables. Finely dice the mango, red pepper, onion, tomatoes, jalapeno, and finely chop the parsley. Set aside. Next, drain and rinse the chickpeas. Set aside.
2. Start by adding the olive oil to a small pan and bringing it up to a gentle simmer. Add in the cumin, coriander, and fennel seeds. Stir to combine and lightly roast for about 2 minutes. Remove from heat and allow to cool.
3. In a small bowl, add the garlic and turmeric. Then slowly add in the olive oil mixture once it's slightly cooled. Add in the maple syrup and Crofter's Organic Premium Mango Fruit Spread. Whisk well to combine.
4. In a large bowl, combine the prepped veggies and then drizzle the mango oil over top. Gently mix together and place in the fridge to chill and marinate for 1 hour. When ready to serve, remove from the fridge and enjoy!