

# Avocado and Chickpea Salad

Delicious fruit and happy protein complemented by lightly spiced nuts. This English<sup>1</sup> invention gives 4 serving portions.

## Ingredients

- 75 g **FAIRTRADE** walnuts
- 5 ml Guatemalan **Fairtrade** honey
- 5 ml mixed turmeric and chilli
- 2 cm fresh root ginger
- 1 medium onion
- 10 ml Zaytoun **FAIRTRADE** olive oil
- 1 tsp ground cumin
- 1 tsp ground coriander
- 400 g can cooked chickpeas
- 1 **FAIRTRADE** mango
- 1 avocado pear
- 1 **FAIRTRADE** lemon
- fresh herbs (as available)

## Method

Spread the walnuts out on a chopping board and crush them with the heel of your hand.

Using a non-stick pan warm the walnut pieces until they start to smell toasty, then add the honey and turmeric / chilli mixture. Mix them round to coat all of the nuts with honey and spice, and remove from the heat. Allow to cool in the pan.

Skin and grate the ginger.

Skin and chop the onion and soften in a frying pan with a little olive oil over a medium heat (about 5 minutes).

Add the grated ginger, and ground cumin and coriander and cook for another 5 minutes. Remove from the heat before the onion starts to brown.

Drain and rinse the chickpeas and add to the pan. Stir round, then set aside to cool.

Skin and dice the mango.

Skin and dice the avocado.

Juice the lemon.

Chop the fresh herbs (if using).

In a serving bowl, mix together the chick peas with the mango and avocado. Add the chopped herbs and lemon juice. Turn gently to coat all ingredients with the juice.

Sprinkle over the toasted spicy nuts.

Serve at room temperature with a good whole-meal bread or foccacia.

## Notes:

When the recipe was tested mango was not available so we substituted a few Fairtrade grapes and a chopped apple; this worked well.

The original recipe called for 6 tablespoons of chopped parsley and coriander. With no fresh herbs available after a harsh winter, the recipe was tested with a heaped teaspoon of dried oregano, this also worked well.

<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/england.htm>