

SausageFest 2009

Most Requested Recipe



Chickpea, Chilli, and Coriander Salad with Banana and Mango

from Avoca Café Cookbook

For the dressing:

- 1 onion, peeled and finely chopped
- 7 oz. olive oil
- 6 garlic cloves, peeled and finely chopped
- 2 red chillies, fresh, deseeded and finely chopped
- 1 tsp black onion seeds (nigella)
- 1/4 tsp chilli powder
- 4 lemons, juiced
- bunch Coriander (cilantro)

For the salad:

- 2 1/4 lbs cooked chickpeas
- 4 bananas, sliced
- 1 ripe mango, peeled, stoned, and diced
- 1 oz. sultanas (raisins)

To make the dressing:

Gently sauté the onion in the olive oil for 10 minutes without coloring. Add the garlic, chillies, onion seeds, and chilli powder and sauté for 3 minutes. Remove from heat and leave to cool, then stir in the lemon juice and coriander.

To make the salad:

Put the chickpeas, bananas, mango, and sultanas in a bowl and mix in the dressing. Check the seasoning and serve.

CAROLYN's NOTES:

1. I could not find black onion seed. Some substitutions suggested were: poppy seed, coriander seed, black mustard seed, but since I wasn't confident that any of those would be appropriate for this salad, I chose to leave it out entirely.
2. The salad proportions are somewhat fluid. I used four standard cans of chickpeas, 5 bananas, and 2 mangoes.