

Curried Chickpea Salad with Apple

Yield: Serves 6-8 | Prep: 15 minutes | Cook: 2 minutes

Ingredients

- 1 can (15 oz) chickpeas, drained and rinsed
- 1/4 cup mayonnaise
- 1 celery stalk, small dice
- 1/4 red onion, very small dice
- 1 scallion, thinly sliced
- 1/2 apple, small dice (Honeycrisp or Gala)
- 1 tsp curry powder
- 1/2 tsp ground cumin
- 1 Tbsp fresh lemon juice
- 1 Tbsp chopped fresh parsley
- 1/2 tsp kosher salt
- Freshly ground black pepper

Method

- 1.** Toast curry powder and cumin in a dry pan over medium-low heat for 20-30 seconds. Cool.
- 2.** Mash about half the chickpeas with a fork, leaving the rest whole for texture.
- 3.** Add toasted spices, lemon juice, salt, and pepper. Toss to season.
- 4.** Fold in celery, red onion, scallion, apple, and parsley.
- 5.** Add mayonnaise a little at a time, starting with 3 Tbsp. Toss until combined.
- 6.** Taste and adjust the seasoning. Chill until ready to serve.

CHEF'S NOTES

The apple adds sweetness and crunch - a perfect balance with the curry.