



UNIT 7 - Recipe 1

Chickpea salad with roasted eggplants

for 4 persons

Quantity / Ingredients:

125 g soaked chickpeas
1 large eggplant
2 tomatoes
1 cucumber
200 g carrots, raw
1 small bunch of mint
1 dash Tabasco
½ tsp cayenne pepper
Fruit vinegar / oil (olive oil) / fresh lemon juice
Salt / rosemary to season

Preparation:

- Soak the chickpeas overnight. Then boil it soft in salted water for approx. 30 - 40 min.
- Cut the eggplants into ½ cm thick slices. Fry the eggplants in olive oil, season with lemon juice, salt and finely chopped rosemary.
- Dice the tomatoes, cut the cucumber and carrots into diamonds or cubes, mix with the chickpeas and eggplants.
- Finely chop the mint, but keep the sprigs for garnishing.
- Add the chopped mint, spices, Tabasco, fruit vinegar and olive oil to the salad mixture and mix.
- Garnish with a sprig of mint.





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