

Sweet Corn Chana Salad



- Total Time 30m
- Prep Time 5 m

Ingredients of Sweet Corn Chana Salad

- ❖ 200 gm chickpeas
- ❖ 1/4 cup frozen sweet corn
- ❖ 1 teaspoon black pepper
- ❖ 0 salt as required
- ❖ 1 medium tomato
- ❖ 1 teaspoon oregano
- ❖ 5 teaspoon virgin olive oil
- ❖ 1 small onion

How to make Sweet Corn Chana Salad

Step 1 Boil chickpeas and drain excess water

To prepare this delicious salad, put a saucepan on medium flame and add water in it. Then, put in the chickpeas and boil them till they get soft. While the chickpeas are boiling, chop up the tomato and onion, and keep aside. When the chickpeas are done, transfer it into a microwavable bowl and drain the extra water.

Step 2 Add olive oil to sweetcorn and chickpeas, and mix

Add a teaspoon of olive oil to the boiled chickpeas and microwave them for about 5 minutes. In a separate bowl, add the sweetcorn with 3 teaspoons of olive oil, black pepper powder, and salt. Mix them properly and place them in the microwave for about 5 minutes too.

Step 3 Microwave chickpeas and oregano mixture

Next, mix the chickpeas and sweetcorn, and add oregano according to taste. Microwave this for 3-5 minutes. Then, add the chopped tomato and onion and mix it all together.



Step 4 Transfer to bowl and enjoy

When done, transfer the salad into a salad bowl and enjoy the delicious meal! (Note: You can drizzle your favorite salad dressing on top if you want.)