

Avocado Chickpea Salad

This refreshing avocado chickpea salad is a nutritious main dish that bursts with flavor. Perfectly creamy avocado pairs with protein-packed chickpeas, making it a satisfying meal for any time of the day.



Main Dish

10 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1 ripe avocado
- 1/2 cup canned chickpeas, rinsed and drained
- 1/4 cup cherry tomatoes, halved
- 1/4 cucumber, diced
- 1 tablespoon red onion, finely chopped
- 1 tablespoon fresh lemon juice
- Salt and pepper to taste
- Fresh parsley for garnish

Steps

- 1 In a mixing bowl, mash the avocado with a fork until creamy.
- 2 Add the chickpeas, cherry tomatoes, cucumber, and red onion to the bowl.
- 3 Drizzle with lemon juice and season with salt and pepper.
- 4 Gently mix all the ingredients until well combined.
- 5 Serve immediately, garnished with fresh parsley.