

Spicy Chickpea Salad

This vibrant and flavorful salad is packed with protein and spice, perfect for a quick lunch or a light dinner. The combination of roasted chickpeas, fresh vegetables, and a zesty dressing makes it a refreshing dish.



Salad

30 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1 cup canned chickpeas, drained and rinsed
- 1 tablespoon olive oil
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon cayenne pepper
- Salt and pepper to taste
- 1/2 cup cherry tomatoes, halved
- 1/2 cucumber, diced
- 1/4 red onion, finely chopped
- 1 tablespoon lemon juice
- Fresh parsley for garnish

Steps

- 1 Preheat the oven to 400°F (200°C).
- 2 Toss the chickpeas with olive oil, smoked paprika, cayenne pepper, salt, and pepper.
- 3 Spread the chickpeas on a baking sheet and roast for 20 minutes, or until crispy.
- 4 In a bowl, combine cherry tomatoes, cucumber, red onion, and lemon juice.
- 5 Once the chickpeas are done, let them cool slightly and then add to the salad mixture.
- 6 Toss everything together and garnish with fresh parsley before serving.