

Chickpea Sundal

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This traditional South Indian dish is made with chickpeas, split black lentils, mustard seeds and chilli and is sweetened with mango and coconut. Serve it as a side dish, as a main course for one or with some rice or cous-cous on the side.

Ingredients:

200g drained tinned chickpeas
1 tbsp. olive oil
500ml water
1 tsp. split back lentils
1 tsp. mustard seeds
2 dried red chillies
1 fresh green chilli
1/2 mango
35g grated coconut
2 tbsp. fresh lemon juice
Black pepper and salt

Directions:

1. Simmer the chickpeas in water for ten minutes or so or until tender. Once cooked, drain. Meanwhile, grate the mango, crush the dried chillies and halve the green chilli.
2. Heat the oil in a frying pan and fry the black lentils, mustard seeds and crushed dried red chillies until hot. When the seeds begin to make popping sounds, add the chickpeas, mango, green chilli, and coconut. Season well with salt and pepper.
3. Remove the mixture from the heat and add the lemon juice before serving.

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