

Chickpea & Coriander Salad



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Food
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The Dilmah Book of Tea inspired Cuisine & Beverage

Used Teas



Ceylon Premium Tea

Ingredients

Chickpea & Coriander Salad

- 3 tea bags Dilmah Premium Ceylon Tea
- 200g Chick Peas
- 2 Cherry tomatoes diced
- 2 teaspoons chopped fresh coriander leaves
- 8 Iceberg lettuce leaves
- 1 teaspoon mustard cream
- 1 teaspoon chopped onion



- ½ teaspoon chopped garlic
- 60ml Olive oil
- Salt and ground pepper to taste

Methods and Directions

Chickpea & Coriander Salad

- Soak the chickpeas overnight.
- Boil the chickpeas with the tea bags until cooked. Discard the tea bags, drain the liquid and cool the chickpeas.
- Combine the mustard cream with olive oil, pepper and salt to taste and toss with the chickpeas, diced tomatoes and chopped onion, garlic and coriander leaves.
- Serve on shredded iceberg leaves.

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