

Chana Chaat | South Asian Street Food Chickpea Salad

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/beetroot-and-chutney-salad-recipe-south-africa>

Ingredients:

- 2 cans chickpeas 460 g drained, drained and rinsed
- 1 cucumber smaller sized, or 0,75 of a larger one
- 3 tomatoes medium sized
- 1 red onion fresh, with green tops or 1 red onion
- 2 handfuls coriander leaves fresh
- 3 teaspoons chaat masala pre mixed spice blend
- chili powder optional and to taste
- 3 tablespoons chutney tamarind, or another type if you don't find tamarind
- 5 lime juice only
- salt to taste
- 5 cups vegan yogurt unsweetened
- 1 cup sev crunchy South Asian snack
- 5 cups pomegranate kernels, optional

Nutrition:

1. Calories: 890 calories
2. Carbohydrate: 181 grams
3. Fat: 12 grams
4. Fiber: 25 grams
5. Protein: 32 grams
6. Sodium: 1010 milligrams
7. Sugar: 49 grams

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