

Mango Chickpea Salad with Cumin-Lime Toasted Chili Oil (Oil-Free Option)

Prep: 25 minutes • Cook: 5 minutes

A vibrant, hearty salad of creamy chickpeas, sweet mango, charred corn, and crisp veggies, finished with a zesty cumin-lime seasoning and optional smoky chili oil. Bright, fresh, and gently spiced, it's a perfect one-bowl summer lunch.

Ingredients

- 1 (15 oz) can or 1 1/2 cups cooked chickpeas (drained and rinsed)
- 2–3 ears (or 1 cup frozen) corn
- 1/2 cup red bell pepper (chopped)
- 3/4 cup tomato (chopped)
- 3/4 cup red onion (finely chopped)
- 1–2 mangoes (chopped small)
- 1 green chili (serrano or Indian) (finely chopped)
- 1/2 cup cilantro (chopped)
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4–1/2 teaspoon cayenne (to taste)
- 1/2 teaspoon black pepper
- 2 tablespoons lime juice
- 2 teaspoons oil
- 1/2 teaspoon red pepper flakes

Instructions

1. Prep the vegetables: drain and rinse the chickpeas; chop the bell pepper, tomato, red onion, mango, green chili, and cilantro. Shuck the corn if using fresh.
2. Char the corn over a medium-high gas flame, turning frequently until many kernels are blackened; cool slightly, then cut the kernels from the cob. If using frozen corn, toast in a skillet over medium-high heat until golden in spots (4–6 minutes); cool.
3. Make the dry dressing mix: in a small bowl combine ground cumin, salt, cayenne, and black pepper. Set aside. Do not add lime juice yet.
4. Make the spiced oil: warm a small skillet over medium-low heat and add the oil. When hot, reduce heat to low, add red pepper flakes, stir, then turn off the heat and let the flakes toast in the residual heat.
5. Assemble the salad: in a large bowl combine chickpeas, charred/toasted corn, bell pepper, tomato, red onion, mango,

green chili, and cilantro.

6. Dress the salad: sprinkle the dry dressing mix over the bowl, add the lime juice and the spiced oil, and toss thoroughly to coat.

7. Rest (optional): serve right away or let sit up to 1 hour for flavors to meld.

8. Serve with pita chips, Indian papri/crackers, or toasted pita bread. Oil-free option: omit the spiced oil and add red pepper flakes directly to the salad.

Tags: Salad, Indian Fusion, Vegan, Gluten Free, Summer, Chickpea

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