



Chickpea and Peanut Chaat

By Chef Veera Gaul, Ph.D.



Ingredients

2 tablespoons [Garlic EVOO](#) *
½ teaspoon cumin seeds
8 fresh curry leaves
1 can chickpeas, drained, rinsed and air dried
1 ½ cups dry roasted peanuts
½ cup finely diced onion
1 cup finely diced tomatoes (deseeded)
1 cup finely diced cucumber (deseeded)
½ cup fresh cilantro, chopped
5 tablespoons lime juice
¼ cup mint, chopped
½ - 1 serrano chili, finely chopped
1 ½ teaspoons Chaat Masala *
1 teaspoon honey or maple syrup
¼ cayenne pepper

Preparation

Heat the oil in a large saucepan over medium heat. Add the cumin seeds and curry leaves and stir till the seeds crackle and become fragrant (about 30 seconds). Add the chickpeas and sauté for 1-2 minutes.

Add the dry roasted peanuts and toss to coat. Remove from heat

In bowl toss together the onion, tomato, cucumber, cilantro, lime juice, mint, serrano, chaat masala, honey, cayenne. Add the chickpeas and peanuts

Salt to taste and serve immediately. For a more Mediterranean meal, fill a pita pocket with this mixture, and serve with a slice of feta.

Serves 6

Total Time: 20 minutes

Notes

* The [Garlic EVOO](#) is a great way to add lots of garlic flavor to this dish. Alternatively, add some grated garlic to the hot unflavored olive oil, sauté for a minute or two and then add the cumin seeds and curry leaves.

* Chaat Masala is a blend of spices that includes “Kala Namak” or Himalayan Black salt with its strong umami flavor and dried mango powder or “amchoor” with its characteristic sour tang. There really is not a good substitute for this, but Chaat Masala is easily available in any Indian grocery store or online. Send me an email for more uses for the Chaat Masala you buy.

Categories: Soups & Salads, Snacks & Sides, Gluten-Free, Dairy-Free, Vegetarian, Vegan, Garlic EVOO, Garlic, Roasted Peanuts, Cilantro, Chaat Masala, Indian Street Food, Chickpeas, Amchoor, Himalayan Black Salt, Mango Powder, Chaat, Plant Based, Easy Weeknight Meal, Mediterranean Diet, Indian Flavors