

Sehat Salad

Ingredients

- 1 small green chilli, minced
- 1 ½ cups chopped roma tomatoes
- 1 cup chopped cucumber
- 1 chopped bell pepper (any colour)
- 1 cup mint leaves, finely chopped
- ½ cup drained and rinsed canned chickpeas
- ½ cup minced onion
- 2 tsp freshly squeezed lemon juice
- ¼ tsp salt and pepper

Directions

In a bowl, combine all the ingredients together and enjoy!

Serve immediately or refrigerate covered until required.

Fun Tip

Love chaat papdi? Add a splash of fat-free plain yogurt and chutney.

Information provided by:

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