

Chickpea Salad

Ingredients

- 400 g dried chickpeas
- 150 g bulgur (or rice)
- 150 g carrots
- 1 zucchini
- 2 onions
- 8 cloves of garlic
- oil
- salt and pepper
- curry
- coriander
- cumin
- curcuma
- fresh ginger
- parsley
- vegetable stock

Directions

- ☞ The day before, place chickpeas in water. Soak overnight.
- ☞ Cook chickpeas for 40 min in fresh salt water.
- ☞ Cook bulgur for 15 min in salt water. Remove water, and cook again for 10 min in fresh salt water.
- ☞ Chop onions and garlic, slice carrots.
- ☞ Heat oil in a big pot. Sauté onions and garlic.
- ☞ Add 150 ml vegetable stock.
- ☞ Add salt, pepper, and plenty of curry, coriander, cumin, and curcuma while stirring. Add carrots and boil for 15 min.
- ☞ In the meantime, cut zucchini into slices. Fry in oil.
- ☞ Grate ginger. Add zucchini slices and ginger.
- ☞ Remove from the heat. Mix with chickpeas and bulgur.
- ☞ Steep overnight. Decorate with chopped parsley.

<http://www.volker-noelle.com/gq/chickpea.shtml>