



PREPARATION: 15 MINUTES

RESTING: 12 & 2 HOURS

COOKING: 12 MINUTES

4 SERVINGS

# BASMATI SUMMER SALAD

*A salad as a meal for hot summer days.*

## Nutrient Analysis

### PER SERVING:

¼ of recipe

### RENAL EXCHANGE:

2 Starch + 1 Protein + 1 Fruit

Calories	358Kcal
Protein	11g
Carbohydrates	48g
Fibre	7.7g
Total Fat	16g
Saturated Fat	2g
Cholesterol	0mg
Sodium	166mg
Potassium	397mg
Phosphorus	172mg

## INGREDIENTS

*1 can (540ml) chickpeas, no salt added, rinsed and drained*

*½ cup basmati rice, dry*

*1 cup cucumber, peeled and cubed*

*1 cup celery, sliced*

*1 cup mandarins, cut in small pieces, fresh or canned*

*½ cup red onion, minced*

*¼ cup fresh coriander, chopped*

*1 tablespoon olive oil*

*1 tablespoon lime juice*

*1 teaspoon lime zest*

*½ cup walnuts, crushed*

*black pepper to taste*

## PREPARATION

- 1 In a large bowl, soak the chickpeas in 4 litres of water for 12 hours. Drain the chickpeas and rinse them with water one more time. Set them aside.
- 2 In a saucepan, cook the rice according to the instructions on the package. Let the rice cool in the uncovered pan.
- 3 While the rice is cooking, in a big bowl, combine the ingredients for the salad: chickpeas, cucumber, celery, mandarins, onion and coriander. Add the cooked rice.
- 4 In a small bowl, mix the dressing: olive oil, lime juice and zest. Pour the dressing over the salad. Add the walnuts and season with black pepper.
- 5 Refrigerate for 1 hour before serving.