



# MANGO CHICKPEA SALAD

with Indian style dressing

## Ingredients

Chickpeas, mango, spinach, red cabbage, capsicum, tomato, cucumber, red onion, coriander, lime, sunflower seeds, dressing (garlic, tamarind paste, maple syrup, turmeric, coriander, fennel, cumin, olive oil).

## Chef's suggestion

Serve with warm naan bread or in a wrap

## Best before

Keep refrigerated for up to 4 days.

## Contains

- 1 x Salad container
- 1 x Dressing jar



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## Nutrition Facts

Serving Size: 450g	Per Serve
Energy (kJ)	317,1
Protein (g)	13,4
Fat, total (g)	11,5
- saturated (g)	1,1
Carbohydrate (g)	47,1
- sugars (g)	21,7
Dietary Fibre (g)	12
Sodium (mg)	67,9