THERAPY
AND PERFORMANCE CLINIC
RECOVER STRONG, PERFORM STRONGER

MANGO, JALAPEÑO AND LIME SALAD

2 servings 25 minutes

INGREDIENTS

400g (14oz) can of chickpeas, drained, rinsed and dried
1 teaspoon cornflour (cornstarch)
1 teaspoon garlic granules
1 teaspoon smoked paprika
2 teaspoons olive oil
200g (7oz) ripe mango flesh, diced
1 medium ripe avocado, halved, stoned, peeled and diced
¼ cucumber, deseeded and diced
¼ red onion, thinly sliced
2 tablespoons diced jalapeños (from a jar)
150g (5½oz) cooked peeled prawns (shrimp), or substitute with tofu for a veggie option
2 large handfuls of chopped coriander (cilantro) or parsley
Salt
1 lime, cut into wedges to garnish (optional)
For the dressing
2 tablespoons jalapeño brine (liquid from the jar)
Juice of 1 lime
1 teaspoon honey
1 teaspoon Dijon mustard

DIRECTIONS

1. Preheat the oven to 230°C/210°C fan (450°F) Gas Mark 8, or set an air fryer to 200°o (400°F).
2. In a mixing bowl, toss the chickpeas in the cornflour, garlic granules and smoked paprika, and season with salt. Drizzle in the olive oil and stir until the chickpeas are well coated.
3. Spread the chickpeas in a single layer on a baking tray and roast in the oven or air fryer for 15-20 minutes, until crisp and golden.
4. Set aside to cool.
5. While the chickpeas are roasting, prepare the dressing. In a small bowl, whisk together the jalapeño brine, lime juice, honey and Dijon mustard, adding salt to taste. Check and adjust, adding more honey or lime juice as needed.
6. In a large salad bowl, prepare your vegeta-bles. Combine the mango, avocado, cucum-ber, red onion, diced jalapeños, prawns (or tofu, and coriander or parsley.
7. Add the cooled roasted chickpeas to the salad bowl, pour over the dressing and toss everything together until well combined. Serve immediately.

Under 450kcal, 23g protein per serving