

Nohutlu Peynirli Salata

Fresh Turkish chickpea salad with cheese, herbs and vegetables. Healthy Mediterranean recipe ready in 5 minutes. Perfect for lunch or dinner.

5 min

HAZIRLIK

5 min

TOPLAM

4

PORSIYON

Easy

ZORLUK

Nohutlu Peynirli Salata

Malzemeler

- 1 red onion
- 1 tomato
- 1 lemon
- 2 cup boiled chickpea
- 6 sprig mint
- 2 sprig red basil
- 3.5 oz feta cheese
- 3 tbsp olive oil
- 0 salt

Yapılış

- Prepare the dressing**

Dice 1 red onion finely and place in a small bowl. Add 3 tablespoons olive oil, 2 tablespoons lemon juice, and 1/2 teaspoon salt. Whisk together and let stand for 10 minutes to soften the onion's bite.
- Prepare the chickpeas**

Drain and rinse 2 cups chickpeas under cold running water until the water runs clear. Pat dry with paper towels and transfer to a large mixing bowl.
- Add cheese and herbs**

Crumble 3.5 oz white cheese into bite-sized chunks and add to the chickpeas. Finely chop 6 sprigs fresh parsley and 2 sprigs fresh mint, removing stems completely. Add chopped herbs to the bowl.
- Add tomatoes**

Cut 2 medium tomatoes into 1/2-inch wedges, removing any tough stem ends. Add tomato wedges to the salad mixture.
- Dress and serve**

Pour the onion dressing over the salad ingredients. Gently fold everything together using a large spoon, being careful not to break up the cheese too much. Taste and adjust seasoning with additional salt and pepper as needed. Serve immediately at room temperature.

İpuçları

Always rinse canned chickpeas thoroughly under cold water to remove excess sodium and improve their flavor and texture.

Dice all vegetables uniformly for the best presentation and even distribution of flavors in each bite.

Use the freshest herbs possible - they should be bright green and aromatic. Gently bruise mint leaves before chopping to release more flavor.

Make the dressing separately first and let the red onions marinate in it to mellow their sharpness and develop deeper flavors.

Don't overmix the salad once assembled - gentle folding preserves the integrity of the chickpeas and cheese chunks.

Taste and adjust seasoning just before serving, as the salt from the cheese may be sufficient without adding extra.

For best results, bring the salad to room temperature before serving if it has been refrigerated, as flavors are more pronounced when not ice-cold.

Add a pinch of ground cumin or dried oregano to the dressing for extra Mediterranean flavor depth.