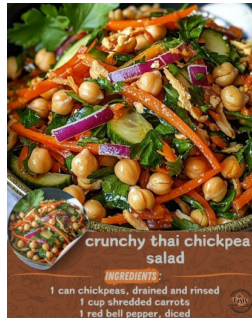


## Crunchy Thai Chickpea Salad - A Fresh & Flavorful Plant-Based Delight!

Crunchy Thai Chickpea Salad: A Fresh, Flavor-Packed Delight!



**TIME**  
**10 min**

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**SAVE**  
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**ChefManiac**

### INGREDIENTS

- 1 (15 oz) can chickpeas, drained and rinsed
- 1 cup shredded carrots
- 1 red bell pepper, diced
- 1/2 cup chopped cilantro
- 1/4 cup chopped green onions
- 1/4 cup peanut dressing (store-bought or homemade)
- 1 tablespoon lime juice
- Salt & pepper, to taste

How to Make Crunchy Thai Chickpea Salad:

#### 1. Prep the Chickpeas:

Drain and rinse canned chickpeas, then add them to a large mixing bowl.

#### 2. Add the Fresh Veggies:

Toss in the shredded carrots, diced red bell pepper, chopped cilantro, and green onions.

#### 3. Make the Dressing:

In a small bowl, whisk together: Peanut dressing? Fresh lime juice? (Optional) A pinch of chili flakes for heat

#### 4. Combine & Toss:

Pour the dressing over the chickpea and veggie mixture.

Mix gently until everything is evenly coated.

#### 5. Season & Serve:

Add salt and pepper to taste.

Enjoy immediately, or refrigerate for 30 minutes for even better flavor!

Pro Tips for the Best Thai Chickpea Salad:

Fun Variations to Try:

What to Serve with Thai Chickpea Salad:

FAQs About Thai Chickpea Salad:

1/4 cup peanut butter

2 tablespoons soy sauce

1 tablespoon honey or maple syrup

1 teaspoon sesame oil

1-2 tablespoons warm water to thin it out

A Light, Refreshing, and Flavorful Meal!:

## DIRECTIONS

1. **Prep the Chickpeas:** Drain and rinse canned chickpeas, then add them to a large mixing bowl.
2. **Add the Fresh Veggies:** Toss in the shredded carrots, diced red bell pepper, chopped cilantro, and green onions.
3. **Make the Dressing:** In a small bowl, whisk together: Peanut dressing? Fresh lime juice? (Optional) A pinch of chili flakes for heat
4. **Combine & Toss:** Pour the dressing over the chickpea and veggie mixture.
5. **Mix gently** until everything is evenly coated.
6. **Season & Serve:** Add salt and pepper to taste.
7. **Enjoy immediately**, or refrigerate for 30 minutes for even better flavor!
8. **? Tip:** This salad tastes even better the next day as the flavors meld together!
9. **Pro Tips for the Best Thai Chickpea Salad:** ? Use Fresh Ingredients - Crisp veggies give this salad its signature crunch.? Customize the Dressing - Make it sweeter, spicier, or tangier based on your taste.? Chill Before Serving - For a more refreshing, infused flavor, refrigerate for 30 minutes.? Double the Recipe - This salad stores well for meal prep!
10. **Fun Variations to Try:** ? Creamy Thai Chickpea Salad - Add diced avocado for a rich, creamy texture.? Crunchy Peanut Thai Salad - Stir in chopped peanuts for extra crunch.? Chickpea Noodle Salad - Mix in cold rice noodles for a hearty twist.? Spicy Thai Chickpea Salad - Add extra sriracha or Thai chili paste.

11. What to Serve with Thai Chickpea Salad: This refreshing, protein-packed salad pairs perfectly with:
12. ? Grilled Chicken or Tofu - Adds extra protein and heartiness.? Steamed Jasmine Rice or Quinoa - A filling side option.? Thai Iced Tea or Coconut Water - A cooling beverage pairing.? Spring Rolls or Dumplings - A complete Thai-inspired meal!
13. FAQs About Thai Chickpea Salad: Q: Can I make this salad ahead of time?A: Yes! Store it in an airtight container in the fridge for up to 3 days.
14. Q: How do I make homemade peanut dressing?A: Mix together:
15. 1/4 cup peanut butter
16. 2 tablespoons soy sauce
17. 1 tablespoon lime juice
18. 1 tablespoon honey or maple syrup
19. 1 teaspoon sesame oil
20. 1-2 tablespoons warm water to thin it out
21. Q: Can I use dried chickpeas instead of canned?A: Yes! Soak, cook, and cool dried chickpeas before using them in this salad.
22. Q: How do I store leftovers?A: Keep in the fridge for up to 3 days-just give it a stir before serving.
23. A Light, Refreshing, and Flavorful Meal!: This Crunchy Thai Chickpea Salad is fresh, nutritious, and loaded with bold flavors. Whether you serve it as a side dish, meal prep lunch, or quick dinner, it's guaranteed to satisfy.
24. Try it out and let me know-what's your favorite way to enjoy chickpeas? Drop a comment and share your thoughts! ???

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/crunchy-thai-chickpea-salad-a-fresh-flavorful-plant-based-delight/>