

Salade orientale

Préparation : 10 mn | Cuisson : 0 mn | Difficulté : Facile



Pour 6 personnes

- 1 grande boîte de pois chiches
- 150 g de tomates cerise
- 1/2 poivron vert
- 1 gousse d'ail
- 1/2 bouquet de menthe
- 1/2 bouquet de coriandre
- 60 g d'olives noires
- 2 cuillères à soupe de jus de citron
- 6 cuillères à soupe d'huile d'olive
- sel et poivre

1. Dans un saladier, **mélangez** le jus de citron et l'huile d'olive. **Ajoutez** l'ail pressé. **Salez** et **poivrez**.

2. **Rincez** et **égouttez** les pois chiches. Versez-les dans le saladier. **Ajoutez** le 1/2 poivron émincé et les olives. **Parsemez** de menthe et de coriandre ciselées. **Mélangez**. **Mettez** au réfrigérateur au moins 1 heure avant de servir.

3. Au dernier moment, **ajoutez** les tomates cerises coupées en deux. **Rectifiez** l'assaisonnement en poivre et sel et **servez**.

Pour finir... Cette salade **se marie** très bien avec des grillades et un rosé bien frais.

COMPRÉHENSION ÉCRITE :

Pour la préparation de cette recette, il faut combien de temps ?

Quels sont les ingrédients de base utilisés dans l'élaboration de cette recette ?

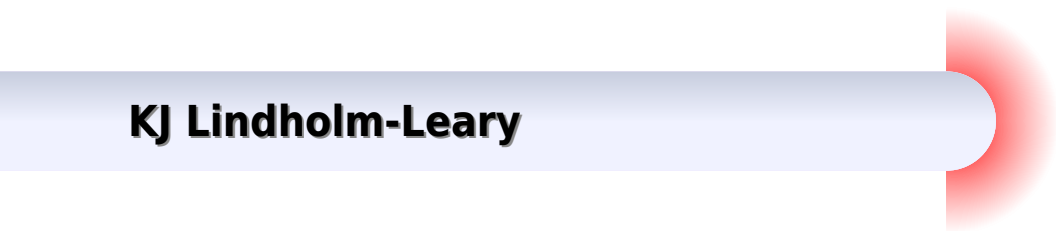
Est-ce qu'il faut faire cuire les légumes ?

Quelles sont les herbes aromatiques employées ?

Quel est l'ustensile de cuisine mentionné dans la recette.

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KJ Lindholm-Leary



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