Retigo Combionline | Cookbook | **Legumes** 7. 10. 2022

Chickpea salad

Cuisine: Other

Food category: Legumes



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Program steps **©** 01:00 $\overline{\mathbf{X}}$ ♠ Steaming hh:mm **A** 99 1 Termination by 2 take the cooked chickpea out and start to cook bacon **3** 180 **②** 00:15 $\overline{\mathbf{X}}$ **>>>** Hot air 100 Termination by hh:mm **6**0 3 bacon out, chickpea in **②** 00:10 **A** 180 100 **\$\$\$** Hot air | | | 0 Termination by hh:mm X °C

Ingredients - number of portions - 10

Name	Value	Unit
chickpeas	1	kg
bacon diced	500	g
sundried tomatoes in oil	250	g
little gem	750	g

Nutrition and allergens

Allergens:

Minerals: Ca, Cu, Fe, K, Mg, Na, P, Zn

Vitamins: A, B, C, E

Nutritional value of one portion	Value
Energy	823.5 kJ
Carbohydrate	53.5 g
Fat	53.5 g
Protein	22.5 g
Water	0 g

Directions

Cook the chickpea according to the setting. Bake the bacon for 15 minutes or until crispy. Roast the chickpea for 10 minutes. Chopp the tomatoes and little gem, put into a mixing bowl, add little gem and dressing. Combine all the ingredinets and serve it on a plate garnish with crispy bacon.

Recommended accessories



