Smoky Chickpea and Corn Salad

4 side portions · Active 10 min · Total 18 min

Skills: Easy

Ingredients

- 1 tablespoon olive oil (15 ml)
- 1 can chickpeas, 15 oz (425 g), drained and rinsed
- 1 cup canned corn, drained (160 g)
- 1 teaspoon smoked paprika
- 1/4 teaspoon fine salt
- 1/4 teaspoon black pepper
- 1 tablespoon lime juice (15 ml)
- 2 scallions, thinly sliced
- 2 tablespoons chopped cilantro (5 g)

Set out

Large skillet, Colander

Allergens

No major US allergen identified in the base ingredients. Check labels and substitutions.

Make it

1. Drain and blot chickpeas and corn well. Heat oil in the skillet over medium-high heat.

2. Add corn and cook for 3 minutes, stirring only occasionally, until lightly browned in places.

3. Add chickpeas, paprika, salt and pepper. Cook for 3–4 minutes, stirring, until hot.

4. Remove from heat and stir in lime, scallions and cilantro. Serve warm.

A side that uses one full bean tin

The recipe avoids half a tin of chickpeas needing storage. Transfer any unused corn promptly to a covered refrigerated container and follow its label.

A useful detail

If your pan is small, brown the corn separately before adding chickpeas so the kernels have enough room.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Eat cold under refrigeration or reheat to 165°F/74°C. Do not leave warm beside a grill for a later meal.