MEDITERRANEAN · LUNCH · DINNER

Salada de Grão com Bacalhau (Chickpea and Salt Cod Salad)

25 min · Serves 4 · 443 kcal a serve · Video 5:45 · Receitas do Paraíso

Pescatarian · Gluten-free ingredients · No dairy listed · No nuts listed

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About 36 g of protein and 9 g of fibre a serve from the cod, chickpeas and eggs, and rich in folate and selenium. Dressed simply with olive oil and vinegar.

Diet notes: Low saturated fat (3 g, 6% of the energy); DASH-friendly (350 mg sodium a serve).

Ingredients 11 · SERVES 4

- [ ] 400 g cooked **bacalhau** (salt cod), soaked, skinned, boned and flaked
- [ ] 400 g cooked **chickpeas**
- [ ] 75 g **red capsicum**, finely chopped
- [ ] 75 g **pitted black olives** (about 10 kept for the top)
- [ ] 2 tbsp chopped **parsley**
- [ ] 1 **onion**, chopped
- [ ] 2 **garlic** cloves, chopped
- [ ] 2 **hard-boiled eggs**, sliced
- [ ] **Olive oil**: a good drizzle of olive oil, plus more to finish (about 3 tbsp)
- [ ] a splash of **vinegar**, plus a little more (about 2 tbsp)
- [ ] a little **salt** (the cod is already salty)

Allergens found in the listed ingredients: Fish, Egg. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Simmer the soaked salt cod in water for about 10 minutes. Drain, remove all the skin and bones, and flake it. 1:22
2. Finely chop the garlic, onion, red capsicum and parsley. Set aside about 10 olives and the hard-boiled eggs for the top. 1:42
3. Put the chickpeas in a bowl and add the cod, garlic, onion, capsicum, parsley and the rest of the olives. Mix well. 1:15
4. Season with a little salt, a good drizzle of olive oil and a splash of vinegar (or a few drops of lemon juice). Mix again, taste, and add a little more oil and vinegar. 2:41
5. Plate, top with the reserved olives and egg slices, and finish with a drizzle of olive oil. Serve at room temperature or chilled. 3:35

> **Tip** Serves 4 (our estimate). Salt cod must be soaked in several changes of cold water for 24–48 hours before cooking; fresh cod also works. Keeps 2 days in the fridge.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
443 kcal	36 g	34 g	9.3 g	18 g	350 mg
1,850 kJ	72% of a day	25 g net · 7.5 g sugars	33% of a day	3 g saturated	15% of a day
		12% of a day		23% of a day	

Energy from net carbs 25% · protein 35% · fat 40% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 90% · Vitamin B12 57% · Folate 52% · Vitamin K 37% · Vitamin C 36% · Vitamin B6 34% · Iron 26% · Vitamin E 26% · Magnesium 24% · Zinc 23% · Omega-3 22%

Source of (10–19%) Potassium 15% · Vitamin A 10%

Recipe and video: Receitas do Paraíso (@receitasdoparaiso) on YouTube — youtube.com/watch?v=PqjDVGzUFHw, published 14 February 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/portuguese-chickpea-salt-cod-salad