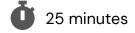




## Honey Glazed Chickpea Crunch

### with Stir-Fried Veggies

Veggies stir-fried with ramen marinade and topped with crispy chickpeas and peanuts glazed in honey, lime zest and red chilli, served with tossed brown rice.





2 servings



# Bulk it up!

If you want to get some extra servings from this meal, serve it with fried or boiled eggs, or add leftover veggies to the stir-fry.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

25g

#### FROM YOUR BOX

BROWN RICE	1 packet (150g)
LIME	1
RED CHILLI	1
CHICKPEAS	1 pouch (250g)
BROWN ONION	1
RED CAPSICUM	1
MEDIUM EGGPLANT	1
SUGAR SNAP PEAS	1 bag (150g)
RAMEN MARINADE	1 sachet (100g)
PEANUTS	1 packet (50g)

#### FROM YOUR PANTRY

oil for cooking, salt, honey

#### **KEY UTENSILS**

2 frypans, saucepan

#### **NOTES**

If you prefer a milder dish, use chilli to taste or omit it altogether.

Use eggplant to taste. Leftover eggplant can be used to make baba ganoush dip, sautéed and added to a pasta sauce, as a pizza topping, or on a tray bake.

Protein upsize - protein upsize is 1 packet paneer cheese. Dice paneer and pan fry with oil until golden on each side.



#### 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes, or until tender. Drain and rinse.



#### 2. PREPARE THE TOPPING

Zest lime (wedge remaining for step 6) and finely chop chilli (see notes). Add to a medium-size bowl.

Drain and pat chickpeas dry, set aside.



#### 3. STIR-FRY THE VEGGIES

Heat a large frypan over high heat with **oil**. Slice onion and capsicum. Dice eggplant (see notes). Trim and halve sugar snap peas. Add to pan as you go and stir-fry for 2 minutes. Add 1/2 sachet ramen marinade and stir-fry for a further minute.



#### 4. MAKE THE TOPPING

Heat a second frypan over over mediumhigh heat with **1 tbsp oil**. Add chickpeas and peanuts. Cook, stirring occasionally, for 4 minutes until crispy. Add **2 tsp honey** and cook for a further 3 minutes. Toss in bowl with lime zest. Season with **salt**.



#### **5. TOSS THE RICE**

Toss rice in saucepan with remaining ramen marinade until well coated.



#### 6. FINISH AND SERVE

Serve vegetables on a platter tableside, sprinkle over topping. Serve with tossed rice on the side and lime wedges.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



