




Product Spotlight: Chickpeas


Chickpeas are a large white pea with a nutty flavour. Like many legumes, they are a low-fat, high-protein, fibre rich, vitamin and mineral dense food.



12 Coconut Braised Chickpeas and Kale with Roast Pumpkin

Mildly spiced chickpeas and kale in a coconut sauce served over roasted pumpkin and finished with a coriander yogurt.

 30 minutes

 2-3 servings

 Plant-Based

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Aquafaba!

When you drain your chickpeas, keep the liquid (aquafaba) and store it in the fridge. Aquafaba can be used to make vegan mayonnaise and as an egg replacement in baking or making meringues.

Per serve: **PROTEIN** 19g **TOTAL FAT** 42g **CARBOHYDRATES** 87g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
BROWN ONION	1
OCEANIC SEASONING	1 sachet
TOMATOES	2
TINNED CHICKPEAS	400g
COCONUT MILK	400ml
CORIANDER	1 bunch (20g)
COCONUT YOGHURT	1 tub (125ml)
KALE	4 leaves

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground coriander, garlic (2 cloves), vinegar (of choice, we used red wine)

KEY UTENSILS

large frypan, oven tray

NOTES

If you only use 1/2 the pumpkin cut the ground coriander down to 1 tsp.

We used coconut oil for extra flavour but any neutral oil will work well.

Oceanic Seasoning is a very mild mix. You can add extra flavour with ground cumin, turmeric, and/or chilli flakes.



1. ROAST THE PUMPKIN

Set oven to 220°C.

Dice pumpkin into 2 cm pieces (use to taste, see notes). Toss on a lined oven tray along with **2 tsp coriander, oil and pepper**. Roast for 15–20 minutes until golden and cooked through.



2. FRY THE ONION

Heat a large frypan over medium–high heat with **oil** (see notes). Slice and add onion, and cook for 3–4 minutes until softened. Crush and add **garlic** along with spice mix (see notes). Cook for a further 2 minutes until aromatic.



3. ADD THE CHICKPEAS

Wedge tomatoes and add to pan along with drained chickpeas. Cook for 3–4 minutes then add coconut milk. Cover and simmer for 10 minutes.



4. MIX THE YOGHURT

Roughly chop the coriander and mix half (keep remainder for garnishing) with the yoghurt along with **1 tsp vinegar, 1/4 tsp ground coriander, salt and pepper**.



5. ADD THE KALE

Thinly slice kale and add to frypan with chickpeas. Cover and cook for further 4–5 minutes or until kale has wilted to your taste. Season with **1–2 tsp vinegar, salt and pepper**.



6. FINISH AND SERVE

Divide pumpkin between bowls and top with chickpea braise. Serve with a dollop of yoghurt and a sprinkle of coriander.

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