



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.



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 yoghurt.



30 minutes



2-3 servings



Plant-Based

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** 14g **TOTAL FAT** 33g **CARBOHYDRATES** 42g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
BROWN ONION	1
OCEANIC SEASONING	1 sachet
TOMATOES	2
TINNED CHICKPEAS	400g
COCONUT MILK	400ml
CORIANDER	1 packet
COCONUT YOGHURT	1 tub
KALE LEAVES	3

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground coriander, red wine vinegar

KEY UTENSILS

oven tray, frypan

NOTES

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

Oceanic Seasoning has a mild taste. For a bolder flavour, try adding some ground cumin, turmeric, or a sprinkle of chilli flakes.



1. ROAST THE PUMPKIN

Set oven to 220°C.

Dice **pumpkin** into 2 cm pieces (use to taste). Toss on a lined oven tray along with **1-2 tsp coriander, oil** and **pepper**. Roast for 15-20 minutes until golden and cooked through.



4. MIX THE YOGHURT

Meanwhile, chop **coriander** and mix with **coconut yoghurt**. Stir in **2 tsp vinegar, 1/2 tsp ground coriander, salt** and **pepper**.



2. COOK THE ONION

Heat a frypan over medium heat with **oil** (see notes). Slice and add **onion**, and cook for 3-4 minutes until softened. Add **oceanic seasoning**.



5. ADD THE KALE

Trim and thinly slice **kale** and add to pan. Cover and cook for a further 3-4 minutes or until kale has wilted to your taste. Season with **2 tsp vinegar**.



3. SIMMER THE SAUCE

Wedge **tomatoes** and add to pan along with drained **chickpeas**. Cook for 2 minutes then add **coconut milk**. Cover and simmer for 10 minutes.



6. FINISH AND SERVE

Divide roast pumpkin and chickpea braise between plates. Serve with a dollop of coriander yoghurt and season with **salt** and **pepper** if needed.



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