




### Product Spotlight: Olives


Around 80% of the calories in olives come from healthy fats. Maintaining a good level of healthy fats in your body is important to long-term health.



## Crispy Turmeric Chickpeas with Rice Salad

Crispy roasted chickpeas and Dutch carrots served on a rice salad with lemon lupin crumbs and a coconut yoghurt sauce.

 30 minutes

 2 servings

 Plant-Based

### Roast it!

*If you wanted to switch up this dish, place the vegetables (minus the sprouts) and rice in a large oven dish, cover with stock and roast until rice is cooked and edges are crispy. Serve with fresh sprouts.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	24g	29g	120g

## FROM YOUR BOX

BROWN RICE	150g
TINNED CHICKPEAS	400g
DUTCH CARROTS	1 bunch
COCONUT YOGHURT	1 tub
OLIVES	1 jar
TOMATO	1
SNOW PEA SPROUTS	1 punnet
DUKKAH	10g

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground paprika, ground turmeric, vinegar of choice

## KEY UTENSILS

oven tray, saucepan

## NOTES

When you drain the chickpeas, you can reserve the liquid, known as aquafaba, and use it to make plant-based mayonnaise, meringue or pavlova.

*Dukkah: sesame seeds, almonds, spices, salt.*



### 1. COOK THE RICE

Set oven to 220°C.

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



### 2. ROAST THE CARROTS

Drain (see notes) and pat dry **chickpeas**. Trim **dutch carrots**. Add both to a lined oven tray. Toss with **oil, 1 tsp paprika, 1 tsp turmeric, salt and pepper**. Roast for 15 minutes or until golden.



### 3. MAKE THE SAUCE

Add **coconut yoghurt** to a bowl along with **1 tbsp vinegar, salt and pepper**. Stir to combine.



### 4. TOSS THE SALAD

Drain and rinse **olives** (use to taste). Roughly chop. Dice **tomato** and halve **sprouts**. Add to a large bowl as you go along with rice, **1 tbsp vinegar, salt and pepper**. Toss until well combined.



### 5. FINISH AND SERVE

Divide rice salad among shallow bowls. Sprinkle over **dukkah**, top with roasted chickpeas and carrots. Serve with coconut yoghurt sauce.



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