



### Product Spotlight: Chickpeas

As a legume, chickpeas are a vegetable and protein food, helping you hit two important food groups together!



## Indian Roast Aloo Gobi

A warming roast salad with charred cauliflower, chickpeas and potato tossed with fragrant Indian spices, sweet onion and ginger, finished with a squeeze of lime and a fresh coriander topping.



35 minutes



2 servings



Plant-Based

## Make a curry instead!

*Cook the cauliflower, potato, tomatoes and chickpeas with the spices, ginger and coconut milk. Serve over rice with lime wedges.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	22g	6g	93g

## FROM YOUR BOX

CAULIFLOWER	1/2
MEDIUM POTATOES	2
CHICKPEAS	400g
RED ONION	1
GINGER	1 piece
ALOO GOBI SPICE MIX	1 packet
LEBANESE CUCUMBER	1
CORIANDER	1 packet
CHERRY TOMATOES	1 packet (200g)
LIME	1

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

## KEY UTENSILS

oven tray, large frypan

## NOTES

You can toss the salad on the oven tray if your pan isn't large enough.

*Aloo Gobi spice mix: ground turmeric, curry powder, cumin seeds, black mustard seeds, ground paprika.*



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## 1. ROAST THE VEGETABLES

Set oven to 220°C.

Cut **cauliflower** into florets and dice **potatoes** (into similar size pieces). Drain **chickpeas**. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 25–30 minutes until tender and cooked through.



## 4. TOSS THE SALAD

Halve **tomatoes** and add to pan with **roast vegetables** and **chickpeas** (see notes). Gently toss until well coated. Add **zest and juice from 1/2 lime** (wedge remaining).



## 2. SAUTÉ THE AROMATICS

Meanwhile, finely dice **red onion**. Peel and grate **ginger**. Add to a large frypan over medium heat with **2 tbsp olive oil**. Stir in **aloo gobi spice mix** and cook for 6–8 minutes until fragrant. Take off heat.



## 5. FINISH AND SERVE

Transfer **vegetables** to a serving bowl. Scatter with **cucumber** and **coriander mix**. Serve with **lime** wedges.

## 3. PREPARE THE TOPPING

Cut **cucumber** into angular pieces. Chop **coriander** and toss together.

**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**

