



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
	20g	5g	75g

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	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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

