



Product Spotlight: Chickpeas

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



Roast Cauliflower and Chickpeas

with Baba Ganoush

Crispy roasted chickpeas, cauliflower and carrots, served over creamy baba ganoush with a fresh ribboned zucchini, lemon and dill topping, Sicilian olives and pickled shallot.



30 minutes



2 servings



Plant-Based

Spice it up!

Switch up your spices on the roast vegetables! Try harissa paste, ground sumac, dried chilli powder or ground cumin.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	30g	57g	63g

FROM YOUR BOX

CAULIFLOWER	1/2
CARROTS	2
SHALLOT	1
LEMON	1
ZUCCHINI	1
DILL	1 packet
CHICKPEAS	400g
CLUSTER MIX	1 packet
SICILIAN OLIVES	1 jar
BABA GANOUSH	1 tub

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground coriander, white vinegar, sugar of choice, smoked paprika

KEY UTENSILS

frypan, oven tray

NOTES

Use a non-metallic bowl to pickle. Metal bowls can react with the pickling liquid and leave a metallic taste.

Cluster mix: slivered almonds, pepitas, sunflower seeds



Scan the QR code to submit a Google review!



1. ROAST THE VEGETABLES

Set oven to 220°C.

Cut **cauliflower** into florets and cut **carrots** into angular pieces. Toss on a lined oven tray with **oil**, **3 tsp ground coriander**, **salt and pepper**. Roast for 25–30 minutes until vegetables are golden and tender.



4. TOAST THE CLUSTER MIX

Heat a frypan over medium high heat. Add **cluster mix** and toast for 3–4 minutes until golden. Remove from heat.



2. MAKE THE FRESH TOPPING

Whisk together (see notes) **1/4 cup vinegar**, **2 tbsp water**, **1 tsp salt** and **1 tsp sugar**. Thinly slice **shallot** and add to bowl. Zest and juice **lemon**, add to a bowl along with **2 tbsp olive oil**, **salt and pepper**, whisk to combine. Ribbon **zucchini** and finely chop **dill**. Add to dressing and toss to coat.



5. MAKE THE DRIZZLE OIL

Add **paprika** and **3 tbsp oil** to a bowl. Whisk to combine.



3. ADD THE CHICKPEAS

Drain, rinse and pat **chickpeas** dry. Toss on a lined oven tray with **oil**, **salt and pepper**. Roast for 10–15 minutes until crispy.



6. FINISH AND SERVE

Drain pickled shallot and **olives** (roughly chop if desired).

Spoon **baba ganoush** onto plates. Add roasted vegetables and chickpeas. Add fresh topping. Garnish with cluster mix and drizzle oil.

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**

