



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



4/6 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	TOTAL FAT	CARBOHYDRATES
4/6 Person:	16g	26g/37g	51g/61g

FROM YOUR BOX

	4 PERSON	6 PERSON
BUTTERNUT PUMPKIN	1	2
BROWN ONION	1	2
OCEANIC SEASONING	1 sachet	2 sachets
TOMATOES	3	4
TINNED CHICKPEAS	2 x 400g	2 x 400g
COCONUT MILK	400ml	2 x 400ml
CORIANDER	1 packet	1 packet
COCONUT YOGHURT	1 tub	1 tub
KALE LEAVES	1 bunch	1 bunch

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.



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1. ROAST THE PUMPKIN

Set oven to 220°C.

Dice **pumpkin** into 2 cm pieces. Toss on a lined oven tray along with **2-3 tsp coriander, oil** and **pepper**. Roast for 15-20 minutes until golden and cooked through.



2. COOK THE ONION

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

6P - use 1 1/2 sachets of the spice mix.



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.



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**.



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**.

6P - season with 3 tsp vinegar.



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.

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**

