

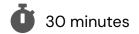




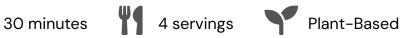
# **Crispy Turmeric Chickpeas**

# with Rice Salad

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







# 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.

PROTEIN TOTAL FAT CARBOHYDRATES

22g

92g

#### FROM YOUR BOX

BROWN RICE	300g
TINNED CHICKPEAS	2 x 400g
DUTCH CARROTS	1 bunch
COCONUT YOGHURT	1 tub
OLIVES	1 jar
TOMATOES	2
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, 2 tsp paprika, 2 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. Roughly chop. Dice tomatoes and halve sprouts. Add to a large bowl as you go along with rice, 2 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.





