



### Product Spotlight: Olives

Around 80% of the calories in olives come from healthy fats. Maintaining a good level of healthy fats in your body is important to long-term health.



## 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.



30 minutes



4/6 servings



Plant-Based

## 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.*

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	21g	25g	45g

## FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN RICE	300g	300g + 150g
TINNED CHICKPEAS	2 x 400g	2 x 400g
DUTCH CARROTS	1 bunch	2 bunches
COCONUT YOGHURT	1 tub	2 tubs
OLIVES	1 jar	1 jar
TOMATOES	2	3
SNOW PEA SPROUTS	1 punnet	1 punnet
DUKKAH	1 packet	2 packets

## 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.



### 1. COOK THE RICE

Set oven to 220°C.

Place **rice** in a saucepan and cover with water. Bring to the boil and simmer for 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**, **2-3 tsp paprika**, **2-3 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.

**6P** – Add **coconut yoghurt** to bowl along with **2 tbsp vinegar**.



### 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.

**6P** – Add **3 tbsp vinegar salt and vinegar**.



### 5. FINISH AND SERVE

Divide **rice salad** among shallow bowls. Sprinkle over **dukkah**, top with **roasted chickpeas** and **carrots**. Serve with **coconut yoghurt sauce**.



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