



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



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.



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**.

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.



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