



Product Spotlight: Chickpeas

As a legume, chickpeas are a vegetable and protein food, helping you hit two important food groups together!



Indian Roast Aloo Gobi

A warming roast salad with charred cauliflower, chickpeas and potato tossed with fragrant Indian spices, sweet onion and ginger, finished with a squeeze of lime and a fresh coriander topping.



35 minutes



4/6 servings



Plant-Based

Make a curry instead!

Cook the cauliflower, potato, tomatoes and chickpeas with the spices, ginger and coconut milk. Serve over rice with lime wedges.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	16g/20g	4g	57g

FROM YOUR BOX

	4 PERSON	6 PERSON
CAULIFLOWER	1	1 1/2
MEDIUM POTATOES	3	4
CHICKPEAS	400g	2 x 400g
RED ONION	1	1
GINGER	1 piece	1 piece
ALOO GOBI SPICE MIX	1 packet	2 packets
LEBANESE CUCUMBERS	2	3
CORIANDER	2 packets	2 packets
CHERRY TOMATOES	2 x 200g	3 x 200g
LIME	1	2

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

oven tray, large frypan

NOTES

You can toss the salad on the oven tray if your pan isn't large enough.

Aloo Gobi spice mix: ground turmeric, curry powder, cumin seeds, black mustard seeds, ground paprika.



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1. ROAST THE VEGETABLES

Set oven to 220°C.

Cut **cauliflower** into florets and dice **potatoes** (into similar size pieces). Drain **chickpeas**. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 25-30 minutes until tender and cooked through.



4. TOSS THE SALAD

Halve **tomatoes** and add to pan with **roast vegetables** and **chickpeas** (see notes). Gently toss until well coated. Add **zest and juice from 1/2 lime** (wedge remaining).

6P - add zest and juice from 1 lime (wedge remaining lime).



2. SAUTÉ THE AROMATICS

Meanwhile, finely dice **red onion**. Peel and grate **ginger**. Add to a large frypan over medium heat with **1/4 cup olive oil**. Stir in **aloo gobi spice mix** and cook for 6-8 minutes until fragrant. Take off heat.



5. FINISH AND SERVE

Transfer **vegetables** to a serving bowl. Scatter with **cucumber** and **coriander mix**. Serve with **lime wedges**.



3. PREPARE THE TOPPING

Cut **cucumbers** into angular pieces. Chop **coriander** and toss together.

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