



### 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.



30 minutes



4 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** 17g **TOTAL FAT** 18g **CARBOHYDRATES** 76g

## FROM YOUR BOX

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

## 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).



### 2. SAUTÉ THE AROMATICS

Meanwhile, finely dice 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.

**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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

