




Product Spotlight: Chickpeas


Chickpeas are large white peas with a nutty flavour. Like many legumes, they are low-fat, high-protein, fibre-rich, vitamin and mineral-dense food.



Roast Cauliflower and Chickpeas with Baba Ganoush

Crispy roasted chickpeas, cauliflower and carrots, served over creamy baba ganoush with a fresh ribboned zucchini, lemon and dill topping, Sicilian olives and pickled shallot.

 30 minutes

 4 servings

 Plant-Based

Spice it up!

Switch up your spices on the roast vegetables! Try harissa paste, ground sumac, dried chilli powder or ground cumin.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	26g	38g	51g

FROM YOUR BOX

CAULIFLOWER	1
CARROTS	3
SHALLOT	1
LEMON	1
ZUCCHINI	1
DILL	1 packet
CHICKPEAS	2 x 400g
CLUSTER MIX	1 packet
SICILIAN OLIVES	1 jar
BABA GANOUSH	1 tub

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground coriander, white vinegar, sugar of choice, smoked paprika

KEY UTENSILS

frypan, 2 oven trays

NOTES

Use a non-metallic bowl to pickle. Metal bowls can react with the pickling liquid and leave a metallic taste.

Cluster mix: slivered almonds, pepitas, sunflower seeds



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1. ROAST THE VEGETABLES

Set oven to 220°C.

Cut **cauliflower** into florets and cut **carrots** into angular pieces. Toss on a lined oven tray with **oil**, **1 tbsp ground coriander**, **salt and pepper**. Roast for 25–30 minutes until vegetables are golden and tender.



4. TOAST THE CLUSTER MIX

Heat a frypan over medium high heat. Add **cluster mix** and toast for 3–4 minutes until golden. Remove from heat.



2. MAKE THE FRESH TOPPING

Whisk together (see notes) **1/4 cup vinegar**, **2 tbsp water**, **1 tsp salt** and **1 tsp sugar**. Thinly slice **shallot** and add to bowl. Zest and juice **lemon**, add to a bowl along with **2 tbsp olive oil**, **salt and pepper**, whisk to combine. Ribbon **zucchini** and finely chop **dill**. Add to dressing and toss to coat.



5. MAKE THE DRIZZLE OIL

Optional: Add **paprika** and **3 tbsp oil** to a bowl. Whisk to combine.



3. ADD THE CHICKPEAS

Drain, rinse and pat **chickpeas** dry. Toss on a second lined oven tray with **oil**, **salt and pepper**. Roast for 10–15 minutes until crispy.



6. FINISH AND SERVE

Drain pickled shallot and **olives** (roughly chop if desired).

Spoon **baba ganoush** onto plates. Add roasted vegetables and chickpeas. Add fresh topping. Garnish with cluster mix and drizzle oil.

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