



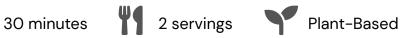
Crispy Turmeric Chickpeas

with Rice Salad

Crispy roasted chickpeas and dutch carrots served on a rice salad with lemon lupin crumbs and a coconut yoghurt sauce.







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.

TOTAL FAT CARBOHYDRATES

FROM YOUR BOX

BROWN RICE	1 packet (150g)
TINNED CHICKPEAS	400g
DUTCH CARROTS	1 bunch
COCONUT YOGHURT	1 tub (125g)
OLIVES	1 jar (to taste)
ТОМАТО	1
SNOW PEA SPROUTS	1 punnet
LEMON LUPIN FLAKES	1 packet (20g)

^{*}Ingredient also used in another recipe

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 15-20 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, 1 tsp paprika, 1 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.



4. TOSS THE SALAD

Drain and rinse olives. Dice tomato and halve sprouts. Add to bowl along with rice, **1 tbsp vinegar, salt and pepper**. Toss until well combined.



5. FINISH AND SERVE

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



