



### 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.



## 1 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

 2 servings

 Plant-Based

10 December 2021

## 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** 22g **TOTAL FAT** 42g **CARBOHYDRATES** 70g

## 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)
TOMATO	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 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.

**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](mailto:hello@dinnertwist.com.au)

