



Nourishing Spiced Chickpea & Tahini Bowl

This bowl full of nourishment will leave you feeling satisfied and energised in equal measure. Between creamy avocado, sweet potato and tasty chickpeas, every bite is a delight. Our favourite flourish is the dressing of rich tahini, turmeric and zesty lemon juice. Yum!

Prep: 10 mins

Cook: 30 mins

Total: 40 mins



level 1



vegan



lactose free

Pantry Items



Olive Oil



Warm Water



Sweet Potato



Red Onion



Chickpeas



Garam Masala



Tahini



Lemon



Turmeric



Kale



Avocado

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2P	4P	Ingredients
400 g ½	800 g 1	sweet potato, sliced into 0.5 cm thick discs red onion, sliced into thin wedges
1 tbs	2 tbs	olive oil *
1 tin	2 tins	chickpeas, drained, rinsed & patted dry
½ sachet	1 sachet	garam masala
1 tub	2 tubs	tahini
1	2	lemon, juiced
⅔ sachet	1 ⅓ sachet	turmeric (recommended amount)
1 tbs	2 tbs	warm water *
1 bunch ½	2 bunches 1	kale, destemmed & leaves roughly chopped avocado, sliced (recommended amount)

⊕ Ingredient features in another recipe

* Pantry Items

leaf Pre-preparation

Nutrition per serve

Energy	2700	Kj
Protein	17.9	g
Fat, total	39.5	g
-saturated	7.2	g
Carbohydrate	47.7	g
-sugars	15.3	g
Sodium	39	mg



You will need: chef's knife chopping board, sieve, two oven trays lined with baking paper, small jug or bowl and medium frying pan.



1 Preheat the oven to 200°C/180°C fan-forced.

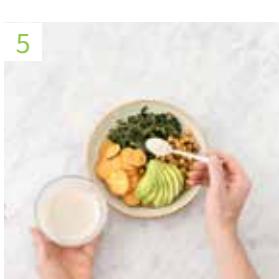
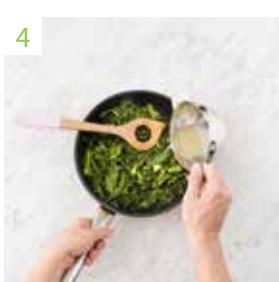
2 Place the **sweet potato** and **red onion** on one of the prepared oven trays. Toss in half the **olive oil**. Season with **salt** and **pepper**. Place the drained **chickpeas** on the second oven tray. Sprinkle over the **garam masala** and the remaining olive oil. Season to with salt and pepper. Place both trays in the oven to cook for **25 minutes**, or until golden. Remove from the oven and set aside.

3 Meanwhile, in a small jug or bowl combine the **tahini**, half the **lemon juice**, salt and pepper, **turmeric** and **warm water**.

Tip: the mixture may split but continue stirring until it comes together again.

4 Heat a medium frying pan with a dash of olive oil over a medium-high heat. Cook the chopped **kale** for **2-3 minutes**, or until slightly wilted. Pour over the remaining lemon juice. Set aside.

5 To serve, divide the kale, sweet potato, red onion and chickpeas between bowls. Top with the fresh **avocado** and drizzle with the tahini dressing. Enjoy!



Did you know? Turmeric is regarded as the golden spice of India.