



Crispy Chickpea Salad

SERVINGS: 6

PREPPING TIME: 10 MINS

COOKING TIME: 20 MINS

INGREDIENTS

Vegetables

- 1 red bell pepper, cored and sliced
- 1 head cauliflower, chopped into florets
- 2 medium sweet potatoes, peeled and diced
- 6 radishes, cut into quarters
- 2 cups Brussels sprouts, halved or quartered
- 2 tbsp. olive oil
- 1/2 tsp. sea salt
- 1/4 tsp. black pepper

Spiced Chickpeas

- 2 35 oz. tins chickpeas or 3 cups drained
- 2 tbsp. olive oil
- 1/2 tsp. salt
- 1 tsp. ground cumin
- 1 tsp. chilli powder
- 1/4 tsp. cayenne pepper
- 1 cup pumpkin seeds

Tahini Lemon Dressing

- 1/2 cup tahini
- 1/4 cup lemon juice
- 1/4 tsp. water

DIRECTIONS

1. Preheat the oven to 400°F. Line 2 baking trays with parchment paper.
2. Place all prepared vegetables into a large bowl and toss with 2 tbsp. of olive oil.
3. Divide in half onto each tray. Don't overcrowd the vegetables or they will steam instead of roast.
4. Sprinkle each tray with salt and freshly ground pepper to taste. Place in the oven and roast for 20-25 minutes, stirring pans halfway through cooking.
5. Next, dry the chickpeas by placing in a dish towel and rubbing to dry. Line another baking tray with baking paper and spread the chickpeas evenly onto the tray. Drizzle with 1 tbsp olive oil and roast for 10 minutes. Remove the tray and stir the chickpeas adding the pumpkin seeds and roast for another 10 minutes.
6. Meanwhile mix in a small bowl the 1 tbsp olive oil, salt, cumin, chilli powder and cayenne and set aside. Remove the chickpeas from the oven and immediately toss in the spices and mix to coat.
7. Lastly, stir the tahini to mix any separated oil. In a medium bowl mix the tahini, lemon juice and water.
8. Continue whisking until it becomes smooth and lighter in colour. Otherwise, add another teaspoon of water at a time until it reaches the right consistency which should be smooth but still thick. Taste and add more salt if necessary.
9. Serve the salad with the roast vegetables topped with the crispy chickpeas, pumpkin seeds the tahini dressing and chopped coriander.

NUTRITION

Serving size: 1.25 cups
(per serving) 461 calories, 27g fat, 4g saturated fat, 0mg cholesterol, 607.9mg sodium, 45.6g carbohydrate, 12.9g fiber, 12.4g sugar, 16g protein