




Product Spotlight: Chickpeas


As a legume, chickpeas are a vegetable and protein food, helping you hit two important food groups together!



Indian Roast Aloo Gobi

A warming roast salad with charred cauliflower, chickpeas and potato tossed with fragrant Indian spices, sweet onion and ginger, finished with a squeeze of lime and a fresh coriander topping.

 35 minutes

 4 servings

 Plant-Based

Make a curry instead!

Cook the cauliflower, potato, tomatoes and chickpeas with the spices, ginger and coconut milk. Serve over rice with lime wedges.

Per serve: **PROTEIN** 11g **TOTAL FAT** 16g **CARBOHYDRATES** 53g

FROM YOUR BOX

CAULIFLOWER	1
MEDIUM POTATOES	3
CHICKPEAS	400g
RED ONION	1
GINGER	1 piece
ALOO GOBI SPICE MIX	1 packet
LEBANESE CUCUMBERS	2
CORIANDER	2 packets
CHERRY TOMATOES	2 packet (2 x 200g)
LIME	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

oven tray, large frypan

NOTES

You can toss the salad on the oven tray if your pan isn't large enough.

Aloo Gobi spice mix: ground turmeric, curry powder, cumin seeds, black mustard seeds, ground paprika.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Cut cauliflower into florets and dice potatoes (into similar size pieces). Drain chickpeas. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 25–30 minutes until tender and cooked through.



4. TOSS THE SALAD

Halve tomatoes and add to pan with roast vegetables and chickpeas (see notes). Gently toss until well coated. Add zest and juice from 1/2 lime (wedge remaining).



2. SAUTÉ THE AROMATICS

Meanwhile, finely dice onion. Peel and grate ginger. Add to a large frypan over medium heat with **1/4 cup olive oil**. Stir in aloo gobi spice mix and cook for 6–8 minutes until fragrant. Take off heat.



5. FINISH AND SERVE

Transfer vegetables to a serving bowl. Scatter with cucumber and coriander mix. Serve with lime wedges.



3. PREPARE THE TOPPING

Cut cucumbers into angular pieces. Chop coriander and toss together.



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