

Roast Chickpea Bowl

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Prep time: 20 min

Cook time: 30 min

Total time: 50 min

Serves: 4

This little goodness filled roast chickpea bowl is something I often make when I know I'm going to have a busy week ahead. The veggies store really well and the dish tastes great hot or cold, so it's great for left over's or take with to work.

It's packed with flavour from the various spices that are roasted with the veggies, and the quinoa and chickpeas give a great source of complete protein so it's a really good choice as a vegetarian meal.

Ingredients

- 2 cup cubed butternut
- 1 brinjal cubed
- 1 tin chickpeas drained and rinsed
- 1 cup quinoa
- 2 tsp cinnamon
- 2 tsp chilli flakes
- 1 tsp paprika
- 1 tsp ground cumin
- 2 tsp mixed herbs
- Salt
- Olive oil
- Finely chopped red cabbage
- 1 Avocado
- 2 tsp lemon juice
- 1 tsp apple cider vinegar

Instructions

1. Heat oven to 200C
2. Add the cubed butternut into a bowl, add 1 tbsp olive oil, chilli flakes and cinnamon - mix until all cubes are well covered.
3. Lay butternut cubes out evenly on a baking tray.
4. Add cubed brinjal into a bowl, add 1 tbsp olive oil and tsp mixed herbs and a crack of salt. - mix until all cubes are well covered.
5. Lay brinjal out evenly on a baking tray next to butternut.
6. Mix rinsed chickpeas in a bowl with 1 tbsp olive oil, paprika and cumin - mix until all chickpeas are well covered.
7. Lay chickpeas cubes out evenly on a baking tray next to butternut and brinjal.
8. Roast tray with chickpeas, butternut and brinjal for 20 -30 minutes.
9. Cook the quinoa with 2 cups water for 15 - 20 minutes

10. Put avocado, lemon juice and vinegar in a blender and blend until smooth.
11. In bowl add 4 tbsp quinoa, 2 tbsp chickpeas, 2 tbsp butternut, 2 tbsp brinjal & handful chopped cabbage.
12. Top with avocado cream.

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