



CRISPY CHICKPEA AND ROASTED CAULIFLOWER SALAD

With Quinoa and Roasted Garlic Vinaigrette

VEGGIE



HELLO CRISPY CHICKPEAS

These crispy legumes double as a healthy snack

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 690



Cauliflower, florets



Sweet Potato, cubes



Chickpeas



Moroccan Spice



Garlic



Quinoa



Honey



Lemon



Parsley



Arugula



Vegetable Broth Concentrate



Hungarian Paprika



Chili Flakes

BUST OUT

- Strainer
- Measuring Cups
- 2 Baking Sheets
- Measuring Spoons
- Medium Pot
- Zester
- Large Bowl
- Salt and Pepper
- Whisk
- Olive or Canola oil

INGREDIENTS

2-person

- Cauliflower, florets 1 pkg (285 g)
- Sweet Potato, cubes 1 pkg (170 g)
- Chickpeas 1 can
- Moroccan Spice 1 pkg (1 tbsp)
- Garlic 1 pkg (10 g)
- Quinoa 1 pkg (1/2 cup)
- Honey 1 pkg (1 tbsp)
- Lemon 1
- Parsley 1 pkg (10 g)
- Arugula 1 pkg (56 g)
- Vegetable Broth Concentrate 1
- Hungarian Paprika 1 pkg (2 tsp)
- Chili Flakes 1 pkg (1 tsp)

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

*Laver et sécher tous les aliments.



START STRONG

Preheat the oven to **450°F** (to roast the chickpeas and veggies). Start prepping when the oven comes up to temperature!



1 ROAST CHICKPEAS
Wash and dry all produce.* Drain and rinse the **chickpeas** well. On a baking sheet, toss the chickpeas and **paprika** with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until golden-brown, 28-30 min.



4 COOK QUINOA
Meanwhile, in a medium pot, bring **1 cup salted water** and **broth concentrate** to a boil. Coarsely chop the **parsley**. Zest, then juice the **lemon**. Add the **quinoa** to the boiling water. Reduce heat to medium-low. Cook, covered, until the quinoa is tender and all the water has been absorbed, 12-15 min.



2 PREP VEGGIES
Meanwhile, on another baking sheet, toss the **cauliflower** and **sweet potatoes** with the **Moroccan spice blend**, and as much **chili flakes** as you like with and a drizzle of **oil**. Season with **salt** and **pepper**. Wrap the **garlic cloves** in a small piece of tin foil with a drizzle of **oil**. Set the foil-wrapped garlic on the baking sheet.



5 MAKE VINAIGRETTE
Meanwhile, unwrap the **garlic cloves**. In a large bowl, use a fork to mash the roasted garlic into a paste. Whisk in **2 tbsp lemon juice**, **half the lemon zest**, **honey** and a drizzle of **oil**. Add the **roasted veggies** and **arugula** to the **vinaigrette** and gently toss until combined.



3 ROAST VEGGIES
Roast the **veggies** and **garlic** in the centre of oven, stirring halfway through cooking, until the veggies are golden-brown and tender, 18-20 min.



6 FINISH AND SERVE
Add the **chickpeas**, **remaining lemon zest**, **parsley** and a drizzle of **oil** to the **quinoa**. Stir together. Divide the quinoa and **veggies** between plates.

CRUNCHY!

Make these crispy chickpeas again, and try it out with new spices!