

# MEDITERRANEAN CHICKPEA & ROASTED VEGETABLE BOWL

SERVES 4

PREP 20 MIN | COOK 25 MINS

## Ingredients

- 1 can (400g) chickpeas, drained and rinsed
- 1 small eggplant, diced
- 1 red capsicum, diced
- 1 yellow capsicum, diced
- 1 red onion, thinly sliced
- 1 cup cherry tomatoes
- 3 cloves garlic, minced
- 3 tbs olive oil
- 1 tsp dried oregano
- Salt and pepper to taste
- Juice of 1 lemon
- Fresh basil or parsley for garnish
- Cooked quinoa or couscous for serving



## Method

1. Preheat your oven to 220°C.
2. In a large bowl, combine the diced eggplant, red capsicum, yellow capsicum, red onion, and cherry tomatoes. Drizzle with 2 tablespoons of olive oil, minced garlic, dried oregano, and season with salt and pepper. Toss the vegetables to coat them evenly.
3. Spread the seasoned vegetables on a baking sheet lined with parchment paper. Roast in the preheated oven for about 20-25 minutes, or until they are tender and slightly caramelised.
4. In a separate bowl, mix the chickpeas with the remaining 1 tablespoon of olive oil, lemon juice, and a pinch of salt.
5. To serve, place a scoop of cooked quinoa or couscous in a bowl, top it with the roasted vegetables and seasoned chickpeas.
6. Garnish with fresh basil or parsley.

