



# SPICED CRISPY CHICKPEA & SWEET POTATO BOWL

SERVES 2 OR 4  
TIME: 45 MIN  
CALORIES: 660/SERVING



From fluffy brown rice and spicy crispy chickpeas to caramelized sweet potatoes and tender roasted broccolini, this dish has it all. These ingredients come together with peppery arugula, crisp cucumber, and the most delicious maple-mustard dressing you're going to want to pour on everything.

## WHAT YOU'LL NEED

- Small pot
- 2 baking sheets
- 2 silicone baking mats (optional)
- Oil
- Salt
- Pepper





## OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

### WHAT'S INSIDE

	2 servings	4 servings
Brown rice	1/2 cup	1 cup
Chickpeas	1 cup	2 cups
Sweet potato	1	2
Broccolini	1/2 bunch	1 bunch
Spice blend	2 tbsp	4 tbsp
Cucumber	1	2
Arugula	2 cups	4 cups
Salad dressing	2 tbsp	4 tbsp
Seed mix	3 tbsp	6 tbsp



Preheat your oven to 400°F and prep your ingredients: Rinse the **chickpeas**, rinse and drain the **rice**, slice the **sweet potato** into coins, slice the **cucumber**, and **trim** the stems of the broccolini.



In a small pot, combine the **rice** with 1 cup of **water** (2 cups for 4 servings) and bring to a boil. Lower to a simmer, cover, and cook until the water has fully absorbed, about 30 minutes. Remove from heat and keep covered until ready to serve.



Toss the **chickpeas** with 1 tbsp of **oil** (2 tbsp for 4 servings) and about 1/3 of the **spice blend**. Spread out on a baking sheet lined with a silicone baking mat (or lightly greased). Bake until the chickpeas are crispy, about 25-30 minutes.



Meanwhile, toss the **sweet potato** and **broccolini** in 1 tbsp of **oil** (2 tbsp for 4 servings) and the remaining **spice blend**. Spread out on another baking sheet lined with a silicone baking mat (or lightly greased). Put into oven and bake until veggies are tender and golden, about 25-30 minutes, tossing halfway through.



Once everything is cooked and ready to serve, toss the **arugula** in the **dressing**.



Divide the **rice** between bowls and top with the **dressed arugula**, **cucumber**, **chickpeas**, **sweet potatoes**, **broccolini**, and garnish with **seed mix**.

Nutrition Facts		Valeur nutritive	
Per (604 g)		Pour 1 (604 g)	
<b>Calories 660</b>		<b>% Daily Value*</b>	
		<b>% valeur quotidienne*</b>	
<b>Fat / Lipides</b> 23 g			31 %
Saturated / saturés 3.0 g			15 %
+ Trans / trans 0 g			
<b>Carbohydrate / Glucides</b> 101 g			
Fibre / Fibres 16 g			57 %
Sugars / Sucres 13 g			13 %
<b>Protein / Protéines</b> 20 g			
<b>Cholesterol / Cholestérol</b> 0 mg			0 %
<b>Sodium</b> 1980 mg			86 %
Potassium 1500 mg			32 %
Calcium 250 mg			19 %
Iron / Fer 7.5 mg			42 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			