



KOREAN BBQ CHICKPEA BENTO BOWLS WITH BROWN RICE

FAST. EASY. FRESH.

1. Start by preheating your oven to 400°F. Next, combine your **rice** with 1 ¾ cups of water and a pinch of **salt** in a small pot. Bring to a boil, then turn the heat to low, cover, and simmer for 15-18 minutes, or until all the water has been absorbed. Set aside.

2. Meanwhile, make the BBQ sauce. Combine the **water**, and **BBQ Sauce Base** (**tomato sauce, maple syrup, ground ginger, tamari, and sesame oil**) in a small bowl. Thinly slice the **green onion** and mince the **garlic** and add these to the bowl as well.

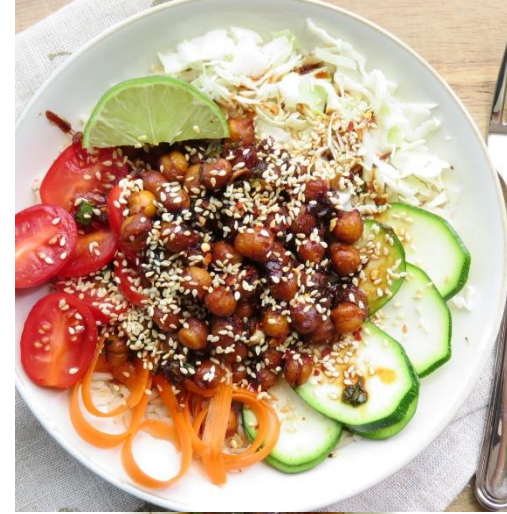
3. Drain and rinse your **chickpeas** and then transfer to a bowl. Reserve 2-3 Tbsp. of your **BBQ sauce** (for serving) and then toss the rest with your **chickpeas**. Spread the chickpeas onto a parchment-lined baking sheet and then roast in the oven for 15-20 minutes, or until crispy and golden.

4. Next, very thinly slice the **carrot** and **zucchini** and halve the **grape tomatoes**.

5. To serve, spoon the rice into bowls then top with the **coleslaw mix, zucchini, carrot, and tomatoes**, followed by the BBQ roasted chickpeas. Squeeze fresh **lime** juice over each bowl, then sprinkle with **sesame seeds** and **red pepper flakes**, and season with **salt** and **pepper** to taste. Finally, drizzle over your remaining **BBQ sauce** to finish. Enjoy!

Ingredients (2 Person Serving - 594 calories per serving)

Tamari	3 Tbsp.	Brown Rice	¾ Cup
Water	2 Tbsp.	Coleslaw Mix	50 g
Tomato Sauce	2 Tbsp.	Zucchini	1 Small
Maple Syrup	2 tsp.	Carrot	1
Ground Ginger	¼ tsp.	Grape Tomatoes	10
Garlic	1 Clove	Lime	1
Sesame Oil	1 Tbsp.	Sesame Seeds	1 Tbsp.
Green Onions	2 Stalks	Red Pepper Flakes	¼ tsp.
Chickpeas	1 398 ml Can	Salt and Pepper	To taste



30 Minute Cook Time!