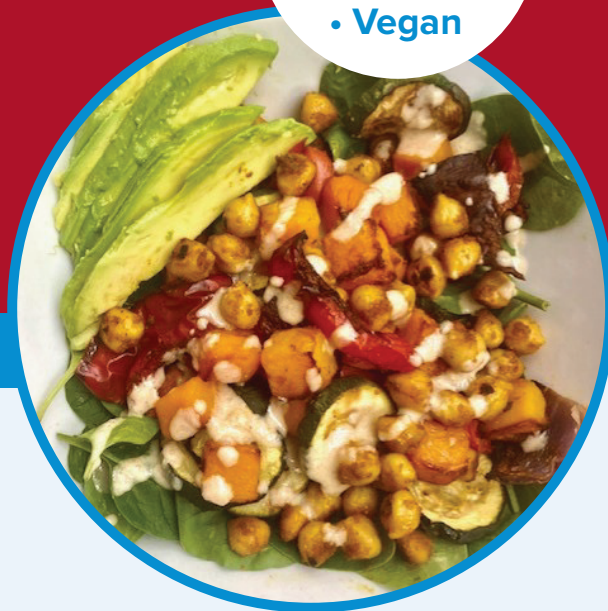




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MEAL

- Gluten-free
- Dairy-free
- Vegan



Warming Chickpea Salad

IMMUNE AND DIGESTIVE SUPPORT



Prep time: 5 mins



Cooking time: 25 minutes



Total: 30 minutes

Servings: 2



Allergens: seeds, sesame (for the tahini)*

INGREDIENTS

SALAD

- 1 small zucchini, sliced
- 1 medium sweet potato, diced
- 1 red pepper, sliced (optional)
- ½ red onion, peeled, sliced
- Handful of spinach, washed well
- ½ avocado, sliced
- Season with salt and pepper
- Avocado oil, drizzle (coconut or olive oil can be substituted)

CHICKPEAS

- 240 g chickpeas, drained, rinsed and dried
- 1 tsp ground cumin
- ½ tsp smoked paprika (optional)
- ½ tsp garlic powder
- ¼ tsp ground turmeric
- Season with salt and pepper
- Avocado oil, drizzle (coconut or olive can be substituted)

DRESSING

- 2 tbsp tahini*
- ½ lemon, squeezed
- 1 tbsp maple syrup
- 2 tbsp hot water (adding more will lighten the dressing)
- ½ tsp harissa paste (optional)

OPTIONAL ADD-ONS

- Mixed seeds to garnish*
- Scoop of wholegrain rice
- Scoop of quinoa

NB: If you have been advised by your healthcare professional to remove nightshade vegetables from your diet, please remove the red peppers, smoked paprika and harissa from this recipe. Substitute with a touch of ground cloves and fresh coriander.

PREPARATION

1. Preheat the oven to 200°C/180 Fan/Gas 4. Place sweet potato, zucchini, red onion and red pepper on a baking tray, drizzle with oil and season with salt and pepper. Bake for approximately 25 minutes or until golden brown, turning the vegetables halfway through.

PREPARATION

2. While the vegetables are baking, warm a skillet on a medium heat and add chickpeas, all spices and drizzle with oil. Turn the chickpeas regularly until brown, approximately 8-10 minutes. Season with salt and pepper once cooked.
3. Make the dressing: Add the tahini, squeezed lemon juice, maple syrup and harissa (optional) in a bowl, mixing in hot water until you get the creamy consistence that you like.
4. Remove the vegetables from the oven. In a bowl, place the spinach followed by the roasted vegetables, chickpeas and avocado. Drizzle with the tahini dressing.
5. Optional: Add a scoop of wholegrain rice or quinoa to bulk up your salad. Serve and enjoy!

RECIPE HEALTH BENEFITS

- Chickpeas are filled with zinc which is a powerful mineral used in skin and immune health. They are a great source of fibre to support your digestive system by increasing regular bowel movements. Chickpeas are also a good source of a plant-based protein.
- Cumin contains antioxidants and has anti-inflammatory properties. This delicious spice also supports blood sugar regulation.
- Sweet potatoes support digestive health as they are full of fibre. They are an excellent source of vitamin A, vitamin C and manganese, and are considered one of the healthiest vegetables to incorporate regularly into your diet.

TIP

- Double the recipe so you'll have healthy and easily accessible foods in the fridge for the next few days. Any type of batch cooking is always helpful for when you don't have the energy to make nourishing food on the spot.

This Mediterranean-inspired recipe is full of warming flavours and packed with nutritious ingredients. It can be enjoyed warm out of the oven, or once cooled, it can be stored in an airtight container for up to 3 days in the fridge.



Recipe by Gill Compton, CNM London:
Naturopathic Nutrition/NaturalChef

References

- CNM London Lecture. (2021). Herbs and Spices. London, United Kingdom.
- Mateljan, G. (2007). The World's Healthiest Foods. George Mateljan Foundation. Seattle, Washington. Page 280.
- Pinnock, D. (2013). The Medicinal Chef. Qualidril Publishing, London. Page 22



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