



Spicy Roasted Chickpeas with Roasted Vegetables and Mint Yoghurt

Crunchy and spicy roasted chickpeas bring this recipe alive. Packed full of fibre, essential vitamins and minerals they help to stabilise and maintain blood sugar levels, strengthen bones and help to keep your heart healthy. Roasted with cumin, coriander, smoked paprika, ginger, garam masala, chilli and turmeric they pack a flavoursome punch while the spices help to boost your immune system.

Ingredients:

250g chickpeas (dried weight), soaked	2 tsp ground garam masala
or 2 x 400g tins of chickpeas, drained	Pinch chilli flakes
2 tbsp coconut oil	250g mushrooms, quartered
2 medium red onions, sliced lengthways	400g medium tomatoes, halved
4 cloves of garlic, chopped chunky	2 red, yellow or orange peppers, sliced into rings
2" piece of ginger, freshly grated	1 handful fresh coriander, chopped
2 tbsp smoked paprika	Zest and juice of 1 lemon
1 tsp ground cumin	4 handfuls fresh black kale
1 tsp ground turmeric	Salt and pepper to taste
1 tsp ground coriander	

Method:

Shortly before the chickpeas have cooked on the stove, preheat the oven to 180°C/350°F/ Gas 4.

Melt the coconut oil in a large baking tray. Drain the chickpeas and coat well in the coconut oil. Scatter the spices over them and mix around well in the pan to ensure they are well coated in the spice mixture. Roast (uncovered) for approximately 20 minutes. After 20 minutes add the vegetables, coat in the spices mixture, but keep the kale separate. Roast (uncovered) for approximately 25 - 30 minutes.

Steam or boil the kale separately for 10-15 minutes before the spicy roasted chickpeas and vegetables have finished roasting. Drain the kale and add to the baking pan. Scatter the chopped coriander, lemon zest and juice over the vegetables and chickpeas and add salt and pepper to taste. Serve heaped in four bowls.

Mint Yoghurt: To make the mint yoghurt, add 1 handful of freshly chopped mint leaves to 400g yoghurt and combine well. Alternatively, stir 2 tsp of mint sauce through the yoghurt. Another option is to go for the best of both worlds and add some chopped mint leaves with 1 tsp of mint sauce.

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