

Chickpeas with Sweet & Spicy Peanut Sauce.

4 SERVINGS 35 MINUTES



INGREDIENTS

- 1 cup Brown Rice
- 1 cup Powdered Peanut Butter (mixed with 2/3 cup water until creamy)
- 1/4 cup Unsweetened Almond Milk (from the can)
- 2 tbsps Lime Juice
- 1 1/2 tbsps Coco Aminos
- 1 tbsp Maple Syrup
- 1/2 tsp Red Pepper Flakes
- 2 Garlic (clove, minced)
- 1/2 cup Water (divided)
- 4 cups Baby Spinach (chopped)
- 1 1/2 cups Chickpeas (cooked, rinsed)
- 1/2 Yellow Onion (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	398	Fiber	10g
Fat	5g	Sugar	17g
Saturated	0g	Protein	18g
Trans	0g	Cholesterol	0mg
Carbs	72g	Sodium	284mg

DIRECTIONS

- 01 Cook the brown rice according to package directions.
- 02 Meanwhile, in a small pot over medium-low heat add the peanut butter, almond milk, lime juice, coconut aminos, maple syrup, red pepper flakes, garlic and half of the water. Whisk until combined. Continue to heat until just warmed through, stirring often to prevent burning. Season with salt or additional lime juice if needed.
- 03 Heat a large skillet or pan with a lid over medium-high heat. Add the spinach, chickpeas and onion to the pan along with the remaining water and cover with the lid. Steam for about 5 minutes or until the onions have softened and most of the water has evaporated.
- 04 Remove from the heat and add the warm peanut sauce to the pan with the chickpeas and stir to combine.
- 05 To serve, divide the rice between plates and top with the peanut chickpea mixture. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Or, freeze individual portions of rice and chickpea mixture for 3-6 months in a freezer safe container.

MORE FLAVOR

Add fresh ginger to the peanut sauce.

ADDITIONAL TOPPINGS

Serve with lime wedges, hot sauce and/or freshly chopped cilantro. Sprinkle with crushed peanuts or roasted sesame seeds.

NO COCO AMINOS

Use tamari or other soy sauce instead.

NO BROWN RICE

Swap in quinoa or brown rice noodles or soba noodles in place of the rice.

NO ALMOND MILK

Use another plain plant based milk or skim milk.